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50+ IDEAS FOR A HAPPY, HEALTHY HOME

Treats for Your Valentine
p.10 & p.46

Early Spring Bulbs
p.60

plus
FEEL-GOOD COLORS, CLUTTER BUSTERS & BIG FLAVORS

4:32 am — Restless

6:27 am — Exhausted

10:49 am — Stressed

1:45 pm — Loving

3:46 pm — Excited

5:47 pm — Insecure

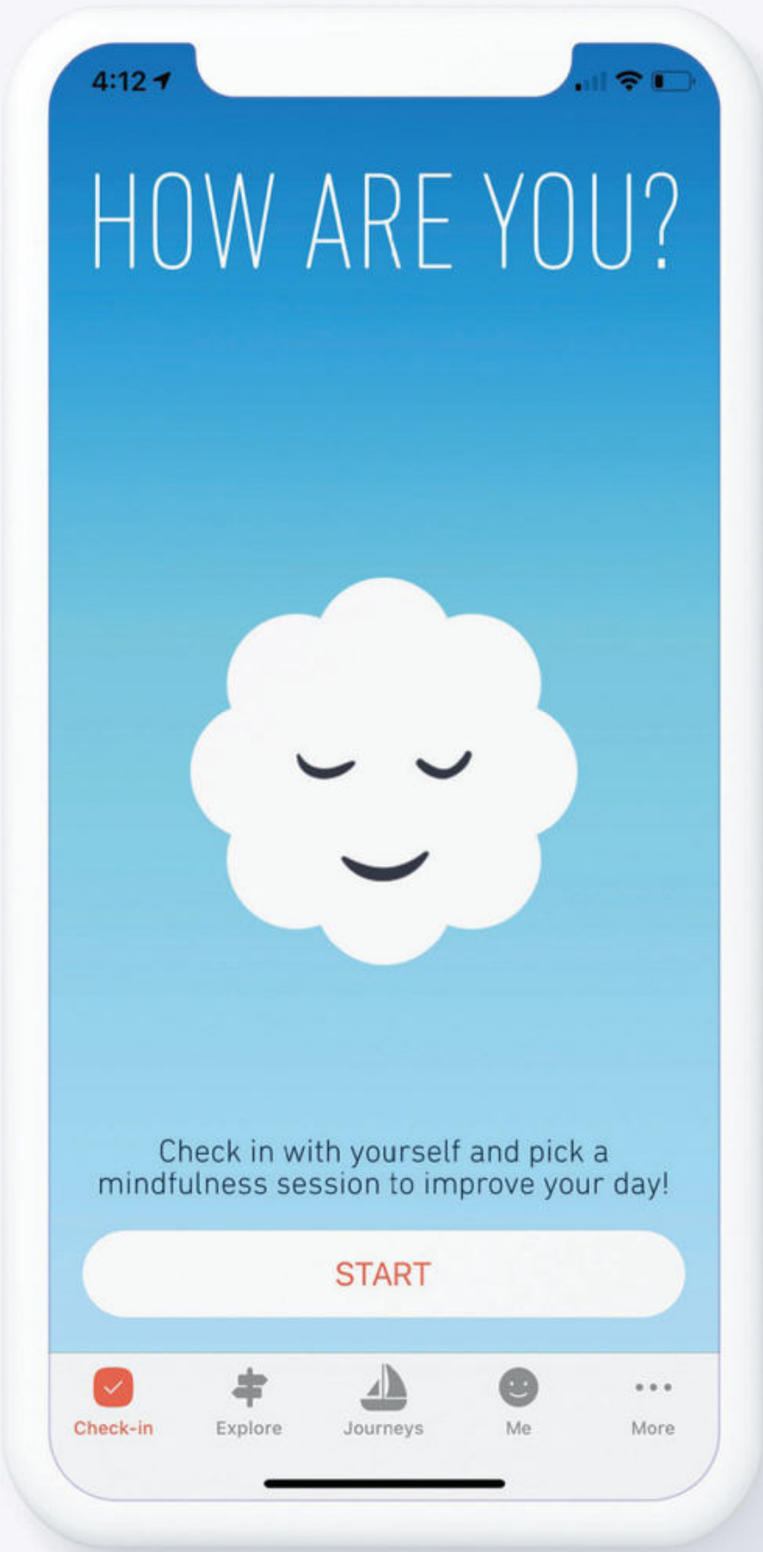
8:42 pm — Hopeful

11:07 pm — Grateful



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CARSON DOWNING

PRODUCER
JARRET EINCK

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PHOTOS: (FISH) CARSON DOWNING, (FLOWERS) JACOB FOX, (BEDROOM) KIM CORNELISON, (GARDEN) DAVID PATTERSON
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EDITOR'S LETTER



WELL AND GOOD

Normally, when I hear the word *wellness* I think of something fancy and high-end like a luxurious spa or an expensive beauty product. But lately I've been thinking about it in a whole new way. The COVID-19 pandemic has shone a spotlight on our personal health like never before. Being in the best physical and mental state that we can be is one of the few tools we have in our fight against the virus as we wait for widespread vaccinations. We at BH&G want to help, so we've put together our first issue focused largely on wellness.

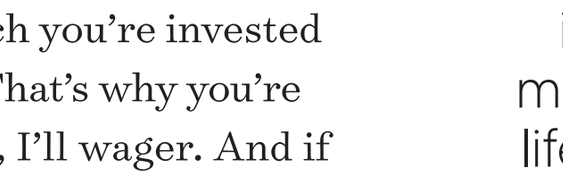
Treating yourself well is important, but we didn't want to do a bunch of stories about spa treatments. (Though they do sound pretty nice right now.) Instead, we want to show you easy things to do at home to inspire you to achieve better personal health. We know you love your home, and we know how much you're invested in being happy there. That's why you're reading this magazine, I'll wager. And if you're fortunate to have a home that is a clean, safe place to be, then perfecting your environment is probably something you've been working on for months. I know I have. And by the look of the many delivery boxes outside my neighbors' doors, they've all been doing some redecorating as well.

But this month we want to go beyond new blinds or a throw pillow. We searched for answers about how our homes affect our physical and mental health. What colors make us feel happy, grounded, or serene? What type of cuisine is both delicious and good for you? (Spoiler alert: No surprise it's Mediterranean, *p. 92.*) What simple, fun projects would brighten your days? Maybe arranging floral posies as gifts using the hidden meanings popular with the Victorians *(p. 84)* or creating homemade valentines *(p. 46)?* Since the first panicky days of the pandemic, our houses have been more of a refuge than ever. Let's maximize their potential by making them the most peaceful and most functional they've ever been. Then settle in for some self-care.



BE WELL

Your physical and mental health has never been more important. Look for this symbol throughout the issue to find bonus tips and ideas for making your life at home healthier, happier, and all around *better!*



STEPHEN ORR,
Editor in Chief
instagram @steporr

PHOTO: MELANIE ACEVEDO/SARAH LAIRD

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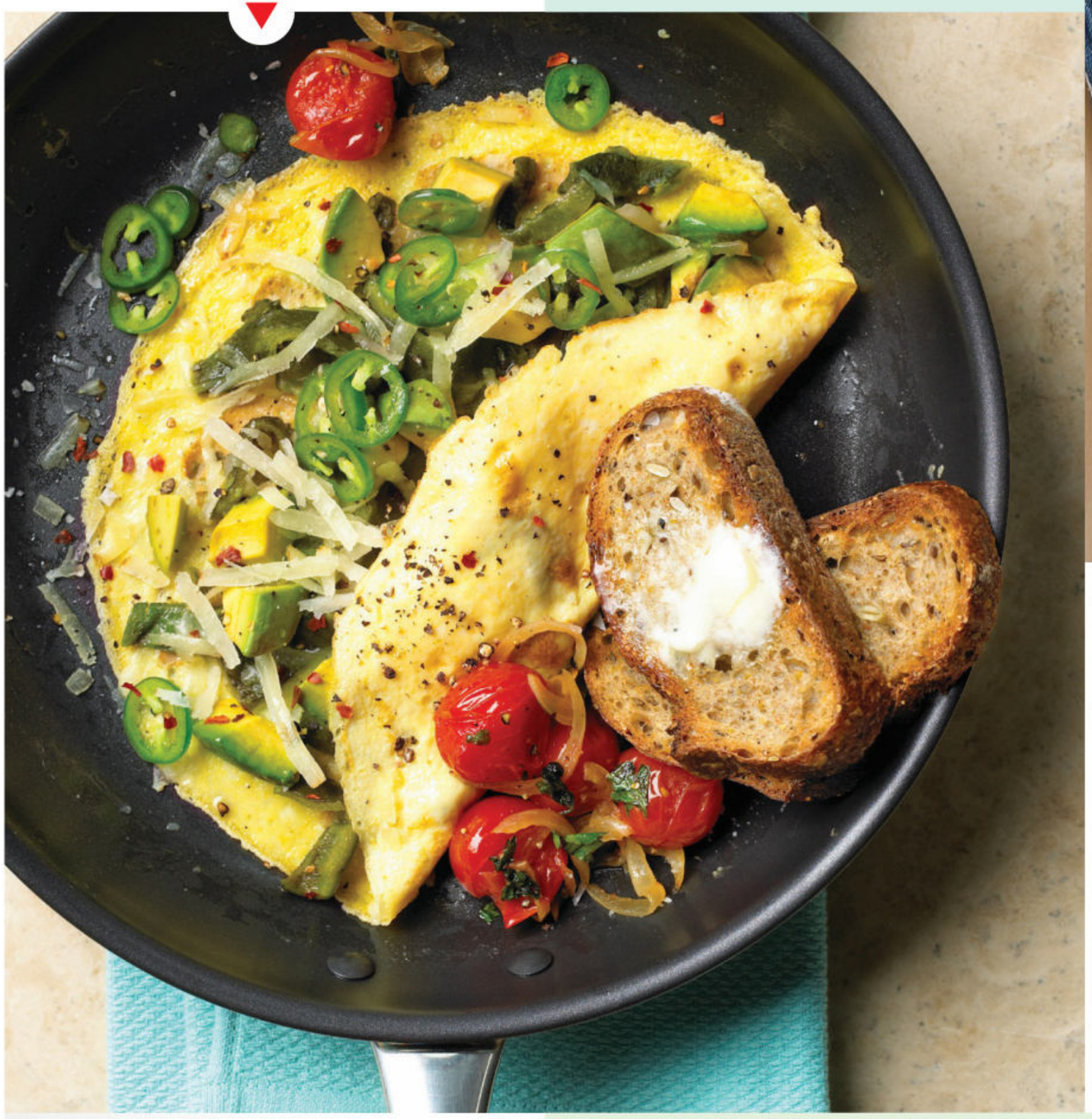
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EGGS 10 WAYS

Grab a dozen and hit the kitchen. We show you everything you need to know to master eggs over easy, poached, hard-boiled, or otherwise. Plus, check out recipes for protein-packed omelets, breakfast sandwiches, and egg salad.

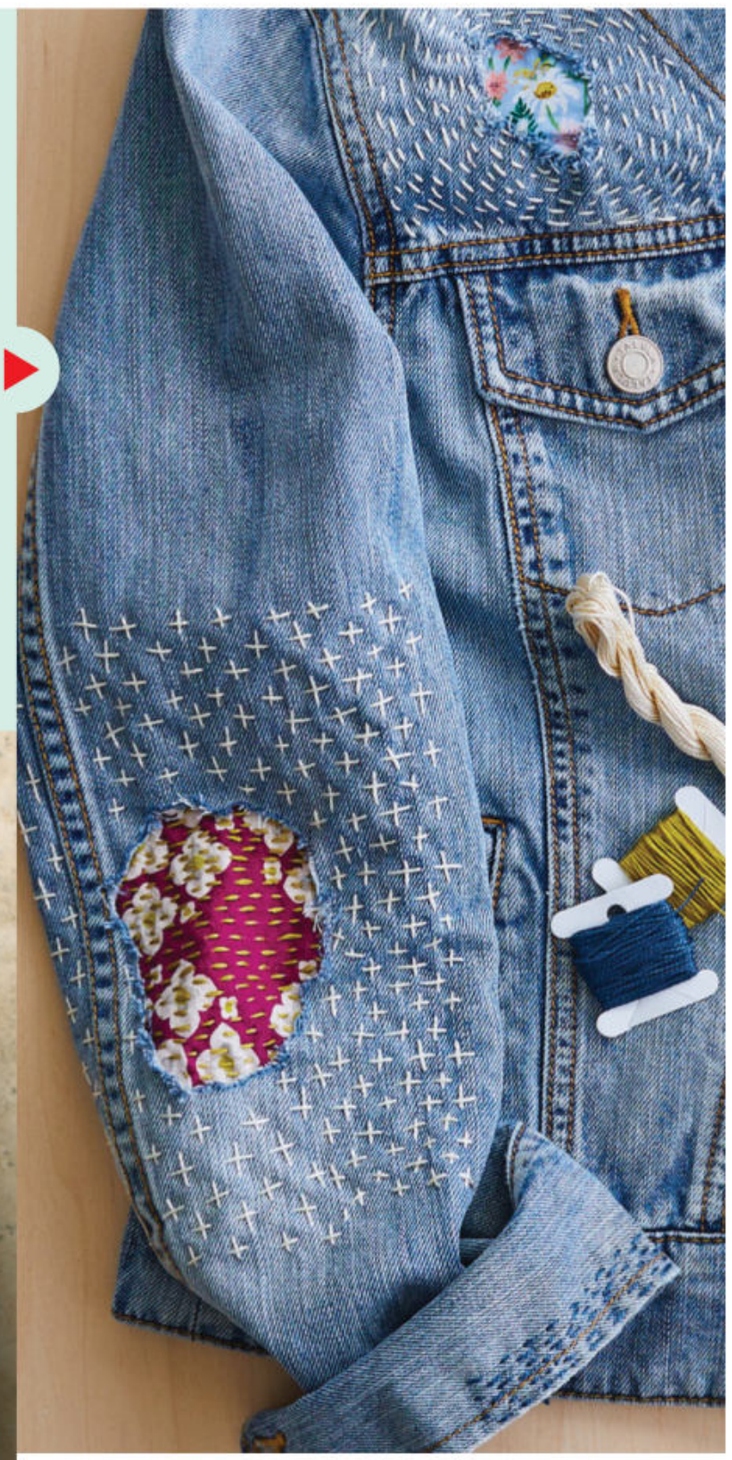
BHG.com/CookEggs



Easy Sewing Projects

Use hibernation season to your advantage and improve on (or pick up) sewing skills. These 46 projects walk you through basic techniques and stylish projects like visible mending *(right),* pillows, and bags.

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[SWEEPSTAKES]

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[EXCLUSIVE DEAL]

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—LAUREN BENGTSON, *home editor*

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PHOTOS: (EGGS) ANDY LYONS, (JACKET) CARSON DOWNING, (AIR PURIFIER) COURTESY OF COWAY

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HOLIDAYS

SWEETS FOR YOUR SWEET

Yossy Arefi's love language is baking. And as fans of her cookbooks and popular blog—*Apt. 2B Baking Co.*—know, the photographer's sweet spot is baking low-stress treats that lift spirits and satisfy a sweet tooth. This Valentine's Day, Yossy shares recipes for two- and three-bite treats that say I love you. Share them with your sweetheart, neighbors, and friends. Or keep them all for yourself—consider it self-care.

GRAPEFRUIT & WHITE CHOCOLATE COOKIES

MINI CHOCOLATE PEANUT BUTTER PIES

LOVE BITES A dip of creamy white chocolate balances the bite of grapefruit (juice and zest) in Yossy's cutout **Grapefruit & White Chocolate Cookies.** We added a sprinkling of pink decorating sugar while the chocolate was still wet. With a ruffle of chocolate whipped cream and a piped chocolate heart, these **Mini Chocolate Peanut Butter Pies** are ready for their close-up.

RECIPES BEGIN ON PAGE 99.

PROP STYLING: STEPHANIE HUNTER

BY **CARRIE BOYD** PHOTOS **CARSON DOWNING** FOOD STYLING **KELSEY MOYLAN**

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ALL BUNDLED UP

"My **Strawberry-Cardamom Turnovers** are so much simpler to make than they look, thanks to a package of store-bought puff pastry," Yossy says. A stove-top strawberry jam spiked with a dash of ground cardamom fills the pastries and flavors the vibrant pink glaze. Yossy's jam recipe makes a bit more than you'll need for the mini turnovers, but it's just as good on toast. (Or decant the leftovers into a small jar, tie on a bow, and gift it with a bakery baguette or a loaf of homemade bread.)



MORE FROM YOSSY

For no-fuss recipes for spontaneous treats, check out Yossy's new book, *Snacking Cakes: Simple Treats for Anytime Cravings.* $24; *penguinrandomhouse.com*

SWEET & SOUR For her **Sour Cream Donut Holes,** Yossy fries hunks of tender dough then tosses them, still hot, in one of two finishers: a dusting of powdered sugar blushing pink with pulverized dried raspberries *(above)* or a glaze of berries cooked down on the stove top. Stick to one for a monochromatic look, or divide your batch in half to try them both. ■

PORTRAIT: CHRISTINE HAN

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AMERICAN CRUISE LINES

Sophisticated Exploration

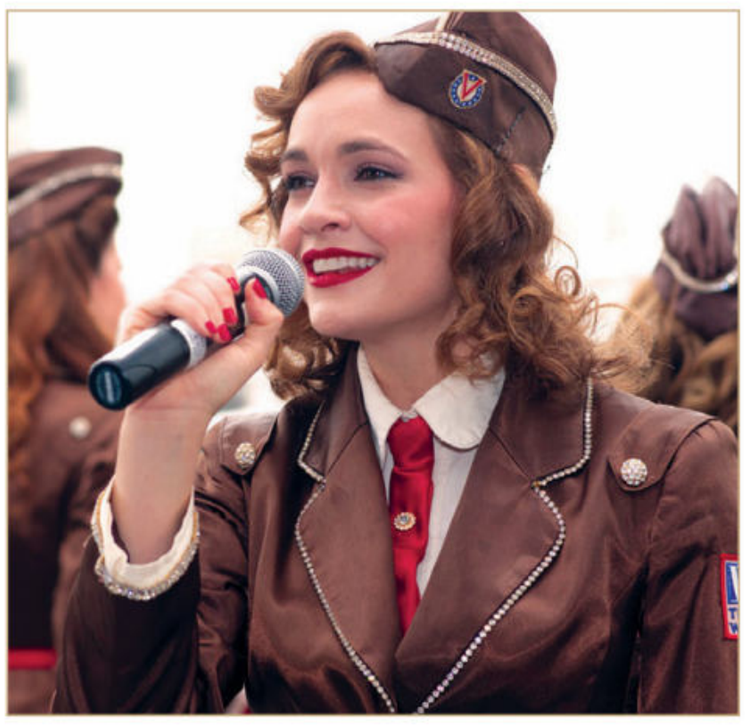
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1 JALL SUNRISE ALARM CLOCK
This alarm clock simulates a gradual sunrise with nature sounds to ease you into the day. At night, calming colors lull you to sleep. $38; *amazon.com*

2 COTTON WEIGHTED BLANKET Like a cocoon, a weighted blanket provides Deep Pressure Touch (DPT) that helps people get a better night's rest. From $65 (full size); *lunablanket.com*

3 BH&G ANTIFATIGUE MARBLE MAT
Standing on a cushioned mat is more comfortable, can improve circulation and posture, and encourages subtle leg movements that combat joint and muscle pain. BH&G® Collection, $18; *walmart.com/BHG*

4 SELF-CARE JOURNAL BY KATIE ZIMPEL
Recording your dreams and thoughts is comforting and can help ease stress and anxiety. Plus, the cute illustrations will make you smile. $18; *minted.com*

HAPPY HEALTHY HOME

SOUNDER SLEEP
A study in the Journal of Clinical Sleep Medicine *reports 42% of people with sleep issues benefit from a weighted blanket.*

5 WEIGHTED SLEEP MASK
Like DPT for your face, the pods apply gentle pressure to help you relax while they block light. $32; *nodpod.com*

6 MODERN SPROUT GLOW & GROW SCENTED CANDLE
Indulge in some me time with this relaxing floral- and eucalyptus-scented candle. When it has melted, fill the ceramic vessel with the included growing medium and gerbera daisy seeds to brighten up your desk. $35; *food52.com*

7 HUE FILAMENT SMART BULB
Old-fashioned looks belie this LED smart bulb's capabilities. Connect it to Wi-Fi via a Bridge device ($45) so you can customize the light to relax, concentrate, fall asleep, or wake up. $33; *philips-hue.com*

8 SUN & RAINBOW YOGA MAT
Upgrading your basic exercise mat to a stylish one makes workouts that much more fun. $40; *society6.com*

9 HEY DEWY PORTABLE FACE HUMIDIFIER
Combat winter's drying effects on your skin and hair with a little spritz of humidity. Hello, home spa day. $49; *urbanoutfitters.com* ■

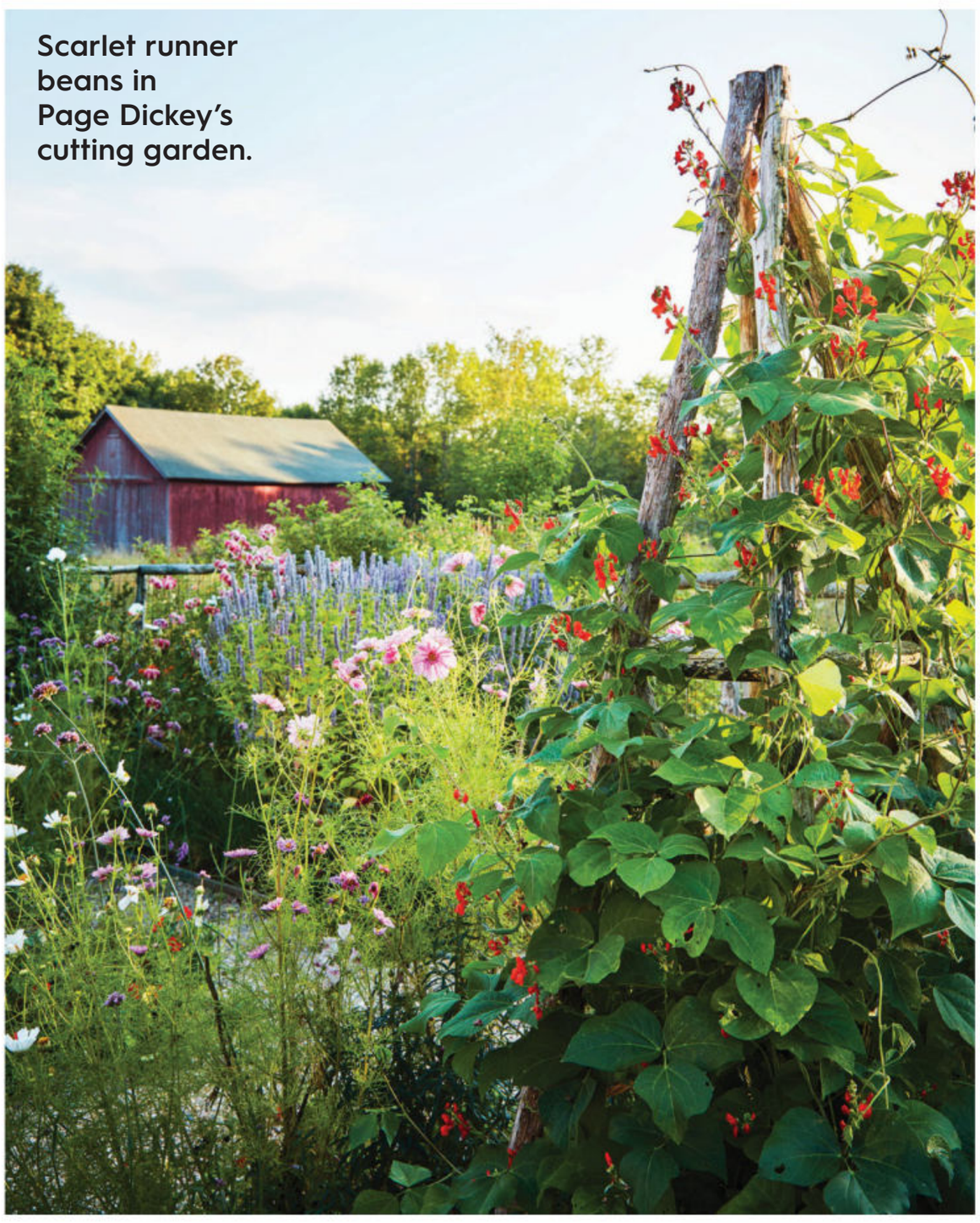
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NEW YEAR, NEW GARDEN

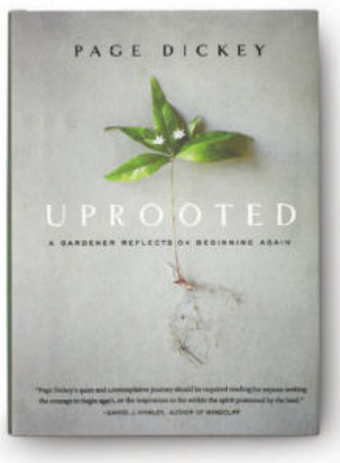
For home gardeners, winter is the time to dream and scheme. The inspiration and practical ideas from experts in these five books will help you put your best boot forward once the soil warms.



Scarlet runner beans in Page Dickey's cutting garden.

UPROOTED *Page Dickey*

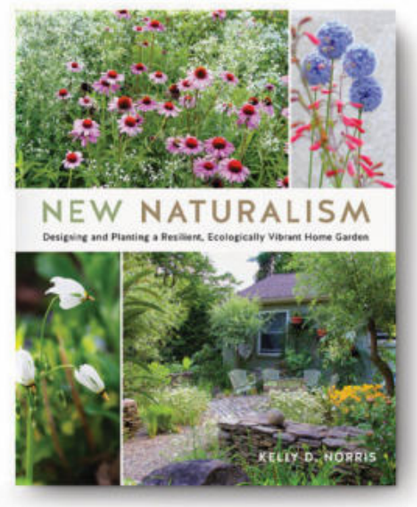
In this deeply personal book, garden designer Page Dickey explores what it means to leave one home and its beloved garden after several decades to put down new roots. Follow her journey as she creates a garden on 17 acres in Connecticut, taking a lower-maintenance approach to landscaping and letting some of her property run wild. *$28; timberpress.com*





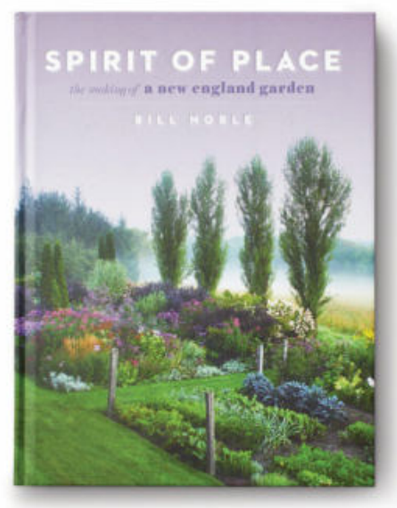
WINDCLIFF *Daniel J. Hinkley*

Reading this story about Daniel Hinkley's Pacific Northwest garden is like talking with a witty friend who happens to be one of the world's foremost plant collectors. Dreamy images by Claire Takacs fill the book. *$35; timberpress.com*



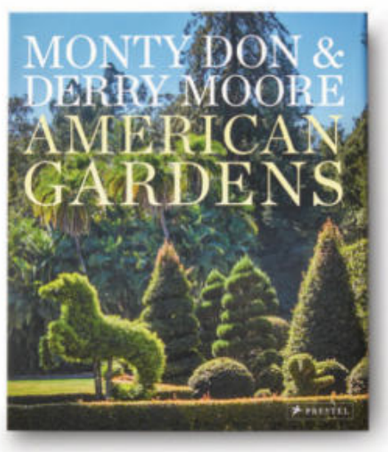
NEW NATURALISM *Kelly D. Norris*

The director of horticulture at the Greater Des Moines Botanical Garden makes a compelling case (with lots of tips) for letting plants lead the way and creating a naturalistic garden. *$30; quartoknows.com*



SPIRIT OF PLACE *Bill Noble*

Conservationist Bill Noble turns ruins into rock gardens and revives lost flowerbeds on his old Vermont farm. Learn how he drew on his property's ecological past to build a thriving landscape. *$35; timberpress.com*



British plantsman Monty Don tours America by way of gardens. Capturing his travels from Monticello in Virginia to Bob Hope's home in Palm Springs, CA, this book celebrates what he calls the "sheer optimism of American horticulturists."

***AMERICAN GARDENS* BY MONTY DON & DERRY MOORE,** $50; *penguinrandomhouse.com*

PHOTOS: (UPROOTED) NGOC MINH NGO, COURTESY TIMBER PRESS

BY **MIKE IRVINE**



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AUGUST '64

This wicker set had two moves: coffee table by day, game spot by night.



BACKGAMMON
We realize this set is a splurge, but think of it as a modern heirloom and coffee table mood booster. Colorful Backgammon, $96; *store.moma.org*



PLAYING CARDS
Big close-ups of dramatic leaves up the ante. Houseplant Jungle Playing Card Set, $15; *galison.com*

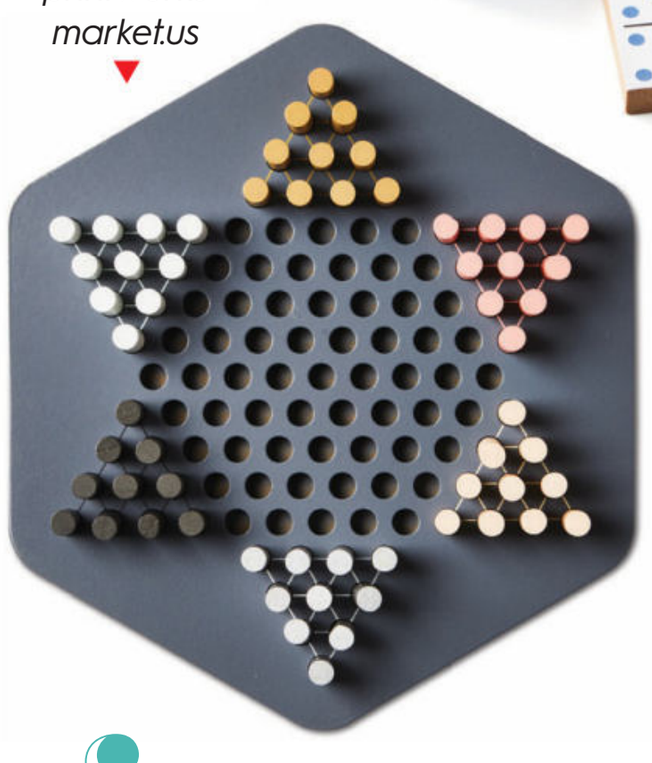


TUMBLING TOWER
When you stack the dyed wood blocks, the tower looks like a sculpture. Giant Tumbling Tower, $55; *swoozies.com*



DOMINOES
Display these colorful dominoes in a wooden bowl when you're not playing. Rainbow Dominoes Set, $30; *anthropologie.com*

CHINESE CHECKERS
Finish the game, set it back up, and leave it out as art. Chinese Checkers, $46; *printworks market.us*



GET VIRTUAL

Stay connected with friends and family through games you play remotely. A few of our favorites:

MONOPOLY
Bring the board game to life in 3D on a mobile device or tablet. Invite up to four friends to play. From Marmalade Game Studio, $4.

HOUSEPARTY
This free app alerts you when friends log on so you can "hang out" together, plus maybe play one of its eight games.

MAHJONG
Play online (with friends or bots) using gorgeous tiles reimagined by celebrity photographer Robert Trachtenberg and illustrator Tom Bachtell. $6/month; *playmahj.com* ■

game on

Let's be honest—2020 completely changed the way we live in our homes. Basements have become gyms, kitchens are bread bakeries, and—if you're like us—dining and coffee tables have been taken over by games that seem to never get put away. But thanks to stylish sets like these, we couldn't care less about the "mess." Each of our picks is a colorful update to a favorite game, which means they'll be as much of a hit on family game night as they are in your decor. Grab a drink, pull up a seat, and pass Go to collect your win.

BY: LAUREN BENGTSON; PHOTOS: JASON DONNELLY

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5 STAR REVIEW

"MY WINTER SKIN HAS FOUND GREAT RELIEF!!!"

I received Curél Ultra Healing Lotion to try on my parched winter skin... and boy was I happy! Curél ingredients were mild, and nourished my skin for hours. There was no scent, the application was not greasy. I've been using this product daily.

Mariposa76, NJ
on curel.com
(Received an incentive for this review)

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SOLUTIONS

HEALTHY HAIR GUIDE

If your hair-care routine feels anything but, we get it. Maybe you're going longer between salon visits. Perhaps you're embracing your grays or natural texture for the first time. No matter how you wear your hair these days, keeping it strong and healthy is the secret to making any style look great. Ahead, hair and scalp experts weigh in on what you can do to make 2021 your best hair year yet.



PHOTO: TODOR TSVETKOV/GETTY IMAGES

HAPPY HEALTHY HOME

FEED YOUR HAIR

"Diet plays a huge role when it comes to hair health," says David Adams, a trichologist (a licensed specialist in hair and scalp health) and co-owner of FourteenJay salon in New York City. One important nutrient is protein, which is essential for healthy hair growth, he says. Pay attention to your intake and focus on incorporating lean meats, fish, or plant-based sources like nuts and beans. Aim for 50 grams of protein per day; for context, one egg has about 7 grams and 1 cup of beans has about 15 grams.

BY **MELANIE RUD**



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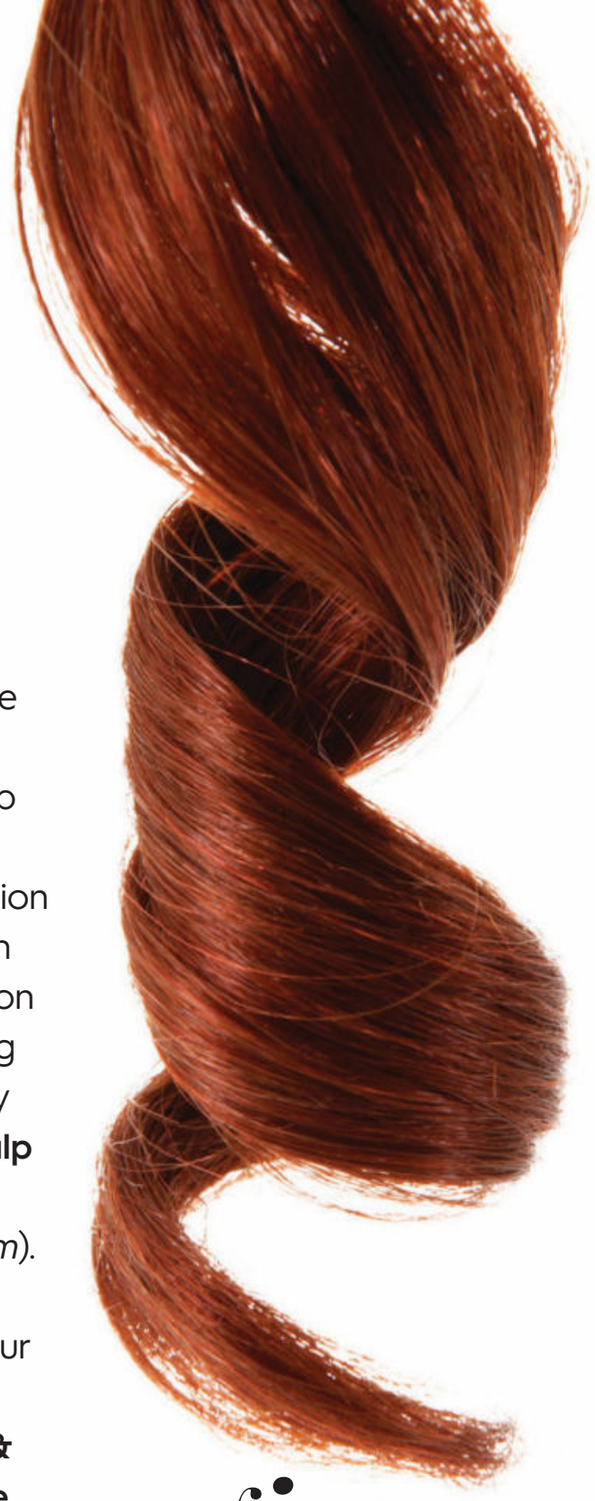
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SPEND TIME ON YOUR SCALP

"Healthy hair starts with a healthy scalp," Adams says. Hair grows through small openings called follicles that can become clogged with dirt, oil, and product residue, he says. And, spoiler alert, dandruff isn't the only issue that can crop up when you ignore your scalp; problems such as itching, redness, flakes, and even hair thinning can result from poor scalp health. Shampooing helps, but with the exception of dandruff formulas, shampoos are meant to cleanse the hair not the scalp.

One of the easiest ways to incorporate scalp care in your routine? Use a scalp brush before you shampoo or condition to massage the skin and boost circulation while also loosening gunk and grime. Try the **ColorProof Scalp Cleansing Brush** ($19; *colorproof.com*). Just as exfoliating your face keeps your pores clear, using a scrub like **Head & Shoulders Supreme Exfoliating Scalp Scrub Treatment** ($10; *target.com*) two to three times a week removes dirt and oil and prevents clogged hair follicles. Massage a small amount onto your scalp before you hop in the shower. (It's easier to evenly distribute the scrub and work it into your skin when the hair is dry, Adams says.) Follow by shampooing and conditioning as usual.



give it some gloss

Dryness, frizz, even going longer between color can leave hair looking dull. Once a week, reach for a shine-enhancing gloss, like Tresemmé Clear Gloss ($8; *target.com*).

STRENGTHEN YOUR STRANDS

Signs of damage—roughness, split ends, breakage, and tangles—call for special TLC.

Conditioner coats and softens the hair, but it might not address or prevent damage. For that, look for a weekly treatment with keratin, protein, or collagen made for your texture.

FINE HAIR

Fine hair's small diameter makes it naturally fragile. And it can have up to 50 percent less protein than thick hair, says Jeni Thomas, Ph.D., principal scientist at Hair Biology. To repair fine hair without weighing it down, choose a lightweight formula and rinse thoroughly—at least 30 seconds. Try **Aveda Botanical Repair Intensive Strengthening Masque: Light** ($44; *aveda.com*).



Five-minute hair mask for fragile hair.

CURLY HAIR

Incorporating moisture and protein into your routine is imperative for preserving both the strength and shape of your curls. "The elliptical hair shape means it's more prone to both tangles and breakage, particularly during combing," says Kevin Mancuso, stylist and global creative director for Nexxus. An intense treatment like **Nexxus Curl Define Leave-In Conditioner** ($15; *target.com*) replenishes hair with marula oil and silk proteins.



Leave-in treatment for curly to coily hair.

ADAPT *to* CHANGES

Is your tried-and-true hair routine suddenly not cutting it? Your hair is always changing, so you may need to switch your strategy.

1 SMOOTH FRIZZ

Hydration helps with textural changes resulting from age or hormones. Try a product like **Garnier Whole Blends Miracle Milk Coconut Oil & Cocoa Butter Frizz-Remedy Leave-In** ($9; *garnierusa.com*) to close the cuticle of the hair so it stays smooth.

2 CUT YELLOW TONES

Gray hair is more susceptible to the UV damage that can cause color changes, plus buildup is more visible, Thomas says. Use a purple shampoo like **OGX Purple Shampoo** ($9; *target.com*) a few times a week to keep grays looking bright.

3 BOOST BODY

As we age, we grow fewer new hairs and the diameter of the hairs we do grow shrinks, Thomas says. For a fuller look, consider a leave-on treatment that plumps the hair at the roots, like **Hair Biology Thickening Leave-In Treatment** ($10; *target.com*). ■

PHOTO: (CURL) THOMAS NORTHCUT/GETTY IMAGES

Unilever

"Watching my daughter grow has made me more proud of my stretch marks."

Dominique

no digital distortion

Renew the love for your skin with Dove.

Dove body wash renews your skin's ceramides and strengthens it against dryness, giving you instantly softer and smoother skin you can lovingly embrace.

ceramide renewal





erica explores

FACIAL TONERS

Forget the drying, feel-the-burn formulas of the past. Today's alcohol-free toners are designed to refresh, prime, and treat your skin. Bonus: The cotton balls are optional.

I ran out of cotton balls about a month ago, but my toner game is still going strong. That's because the new generation of toners are more about what they give rather than what they strip away. "No longer strictly astringents, toners deliver active ingredients that can maximize your routine," says Miami-based derm Alicia Barba, M.D. I pat mine on with my fingertips and alternate between formulas to get light hydration, brightening, or exfoliation. This step also primes skin for moisturizer, which is more potent when applied to damp skin—score one more for toner.

Erica Metzger
beauty & fashion director
Instagram
@embeautycoach

deep clean pores

I love this blend of antibacterial oils and exfoliants for my enlarged pores. **Renée Rouleau Skin Care Rapid Response Detox Toner,** $42; *renee rouleau.com*

brighten and smooth

Glycolic acid treatments can sting your wallet (and your face), so I always go back to this affordable, aloe-infused option. **Pixi Glow Tonic,** $15; *target.com*

calm and soothe

Red, cranky skin? Antioxidants and amino acids nourish skin and help it recover from irritation. **EltaMD Skin Recovery Toner,** $31; *dermstore.com*

manage oil & tone

This gentle formula uses witch hazel to reduce oil and brightening ingredients to help even out acne scars. **Urban Skin Rx Witch Hazel Toner,** $18; *urbanskinrx.com*

add moisture

Get a dose of dewiness. **Pacifica Vegan Collagen Hydrating Milk Tonic** pairs hyaluronic acid and hydrating plant-based collagen. $16; *pacificabeauty.com* ■



PHOTO **JACOB FOX**

PORTRAIT: KATHRYN GAMBLE; STYLING: CHRISTY BROKENS

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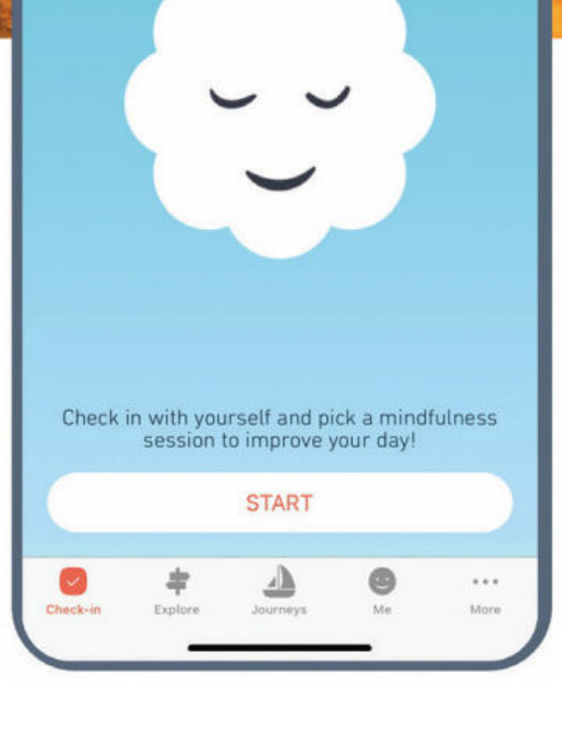
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COLOR

HELPING HUES

You know color has the power to improve a room. But did you know certain colors also help you feel good? Seeing colors produces a physiological response resulting in a psychological reaction. Color expert Lori Weitzner spotlights a few feel-good palettes, starting with blues, *right*. "Blues feel comfortable, familiar, and protective," she says. Read on for how to use it, plus three more palettes she says promote balance and harmony at home.

BRIGHT CORNFLOWER BLUE
45BB 22/347
PPG Glidden

BLUE NOSE
1678
Benjamin Moore

WINTERSCAPE
M480-2A
Behr

SOMETHING BLUE
SW 6800
Sherwin-Williams

ROLLING SEA
5001-10B
Valspar

STYLING: JESSICA THOMAS



COLOR IS PERSONAL Everyone differs as to what colors will make them feel good, and, surprisingly, they aren't necessarily the same as your favorite colors. Lori Weitzner, author of *Ode to Color,* developed a quiz to help you find the colors that could improve your sense of well-being at home. Check it out at *loriweitzner.com/odetocolor/* to see which are right for you.

BY **RIMA SUQI** PHOTO **CARSON DOWNING**

tranquil and reassuring

Blues surround us in the day and night skies, in lakes and oceans. Weitzner's Waterside palette spans from light misty hues to inky sapphire and indigo.

THE WELLNESS TAKE
"There's a comfort in familiarity," Weitzner says, adding "if you're feeling comfortable, it means you're not nervous or stressed, and that's better for your immune system."

WHO IT'S BEST FOR
People who might be in the middle of a lot of changes and desire a sanctuary where they feel secure.

HOW TO USE IT
Dark shades ground, so use them on or close to the floor or for major pieces anchoring a room (like the bed, *far right*). Light shades on walls look and feel uplifting.

BONUS TIP Try painting window trim dark blue to frame a view of water or an expanse of sky, pulling it into the decor.





Interior designer Peter Dunham painted these walls a custom color from The Real Milk Paint Co. Try Stone Blue for similar.

BLUES
Tones from this palette appear in paint, furniture, and accessories.





Shiny golden accessories mix with matte textiles in brass tones in this room by designer Summer Thornton.

radiant and inspiring

Warm metallics like brass, copper, and gold fill Weitzner's Alchemy palette. "They're colors that draw out creativity," she says.

THE WELLNESS TAKE
"Metallics are illuminating and reflect natural light, which can inspire us to act and follow through," Weitzner says. Creativity, she adds, can help fend off apprehension.

WHO IT'S BEST FOR
People feeling stuck or needing motivation to overcome a persistent roadblock.

HOW TO USE IT
Metallic finishes are best in small doses. (Think framed mirrors, decorative trays, light fixtures.) But you can pull in metallic colors in larger expanses on soft furnishings like the upholstery and rug in this dining room, *left*.

BONUS TIP Matte finishes are less flashy but just as effective.

PHOTOS: (SWATCHES) SCOTT JONES, (BEDROOM) ANNIE SCHLECHTER, (DINING ROOM) COURTESY OF SUMMER THORNTON

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Sometimes you just need a little boost. Our perfectly scented Triple Body Butter Blends bring Energizing, Alluring, and Calming essential oils and moisture to your day.

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A satin finish bounces light off the deep green (Benjamin Moore Rainforest Foliage) designer Jared Hughes chose for the walls.

natural and nurturing

Weitzner's Fragrant Woods palette evokes the restorative power of nature by mixing leafy and mossy greens with earthy browns.

THE WELLNESS TAKE
"These colors are about connecting to nature, and nature's ability to nurture and heal is quite strong," Weitzner says.

WHO IT'S BEST FOR
Urban dwellers lacking green space and anyone with a desire to feel rooted in their surroundings.

HOW TO USE IT Getting the right balance of greens and browns can be difficult. So Weitzner suggests 70 percent greens and 30 percent browns, with the latter coming from wood furnishings and flooring or a natural textured rug like the jute carpet, *left*.

ADD FRAGRANCE
Aromatic plants like rosemary and eucalyptus bring in life and refreshing scent, both of which can be therapeutic.

quiet and calming

The Whisper palette pairs whites that have subtle undertones to create nuance; think creamy vanilla and smoky dove.

THE WELLNESS TAKE
These are meditative colors. "The lack of visual distraction makes it easier to go inward and focus," Weitzner says. So the palette is ideal in spaces for rest and relaxation.

WHO IT'S BEST FOR
"For those who have a need to be still or who may have a hard time being still, this is the pause button. It is visual peace of mind," she says.

HOW TO USE IT
Layering textures, like whitewashed stone, linen fabric, and a paper lampshade, *far right*, keeps the room from looking flat. "It's calm and tranquil but in a tactile way," Weitzner says.

BONUS TIP Performance fabrics up the calm by taking the fear factor out of white tones. ■





Interior designer Leanne Ford unified walls and stone with PPG Silver Feather but preserved the fireplace's texture.

PHOTOS: (SWATCHES) SCOTT JONES, (OFFICE) HECTOR SANCHEZ, (LIVING ROOM) REID ROLLS

BUYING INFORMATION: *BHG.com/Resources*

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†Results vs placebo (a sugar pill) at Week 12 in a clinical trial of patients with an inherited condition that causes high levels of bad cholesterol and/or known heart disease. Individual results may vary.

Visit NEXLETOL.com to learn more

What is NEXLETOL?

NEXLETOL is a prescription medicine used, along with diet and other lipid-lowering medicines, in the treatment of adults who need additional lowering of "bad" cholesterol (LDL-C) and have:

- heterozygous familial hypercholesterolemia (HeFH), an inherited condition that causes high levels of LDL-C, and/or
- known cardiovascular disease

It is not known if NEXLETOL can decrease problems related to high cholesterol, such as heart attacks or stroke.

IMPORTANT SAFETY INFORMATION

What should I tell my doctor before taking NEXLETOL?

Tell your doctor if you:

- have, or have ever had, gout
- have, or have ever had, tendon problems
- are pregnant or breastfeeding, or may become pregnant or plan to breastfeed
- have severe kidney or liver problems
- are taking simvastatin or pravastatin

What is the most important safety information I should know about NEXLETOL?

NEXLETOL can cause side effects that can become serious, including:

- high levels of uric acid in the blood, which can lead to gout, a painful joint condition. Call your doctor if you have any of the following symptoms:
  - severe foot pain, especially in the toe joint
  - warm joints
  - swelling
  - tender joints
  - joint redness
- tendon problems: Stop taking NEXLETOL immediately and get medical help right away if you get any of the following signs or symptoms of tendon rupture:
  - hear or feel a snap or pop in a tendon area
  - bruising right after an injury in a tendon area
  - unable to move the affected area or put weight on the affected area

What are the common side effects of NEXLETOL?

Tell your doctor right away about any side effect you experience. NEXLETOL can cause side effects, including:

- symptoms of the common cold or flu
- muscle spasms
- back pain
- pain in the legs or arms
- stomach pain

Your doctor may check your blood for side effects that you might not be able to feel.

These are not all the possible side effects of NEXLETOL. For more information, ask your doctor or pharmacist.

What form does NEXLETOL come in?

NEXLETOL is a tablet that you take by mouth. It contains 180 mg of bempedoic acid.

Can I take NEXLETOL with other medicines?

For lowering cholesterol, NEXLETOL is often taken with other medicines, including a group of medicines called statins. For two statins, simvastatin and pravastatin, your doctor may change the dose if you also take NEXLETOL. Before taking NEXLETOL, tell your doctor if you take any of the following medicines:

- simvastatin
- pravastatin

The risk information provided here is not comprehensive. To learn more, talk about NEXLETOL with your doctor or pharmacist. The FDA-approved product labelling can be found at NEXLETOL.com or 1-833-377-7633.

You may report side effects to the FDA at 1-800-FDA-1088, or at www.fda.gov/medwatch. You may also report side effects to ESPERION at 1-833-377-7633.

NEXLETOL is available by prescription only.

Please see Summary of Information about NEXLETOL on the next page.

*For privately or commercially insured patients. Restrictions apply.

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Summary of Information about NEXLETOL™ (bempedoic acid) tablets, for oral use

The risk information provided here is not comprehensive. To learn more, talk about NEXLETOL with your healthcare provider or pharmacist. The FDA-approved product labelling can be found at NEXLETOL.com or 1-833-377-7633.

What is NEXLETOL used for?
NEXLETOL is a prescription medicine used along with diet and other lipid-lowering medicines in the treatment of adults with:
- heterozygous familial hypercholesterolemia (HeFH). HeFH is an inherited condition that causes high levels of "bad" cholesterol called low density lipoprotein (LDL).
- known heart disease who need additional lowering of "bad" cholesterol (LDL-C) levels.

It is not known if NEXLETOL can decrease problems from high cholesterol, such as heart attacks, stroke, death, or other heart problems.

It is not known if NEXLETOL is safe and effective in people with severe kidney problems including people with end-stage kidney disease who are on dialysis.

It is not known if NEXLETOL is safe and effective in people with severe liver problems.

It is not known if NEXLETOL is safe and effective in children under 18 years of age.

What should I tell my healthcare provider?
Before you start taking NEXLETOL, tell your healthcare provider about all your medical conditions, including if you:
- have or had gout.
- have or had tendon problems.
- are pregnant. Tell your healthcare provider right away if you become pregnant while taking NEXLETOL. You and your healthcare provider will decide if you should take NEXLETOL while you are pregnant.
- are breastfeeding or plan to breastfeed. It is not known if NEXLETOL passes into your breast milk. You and your healthcare provider should decide if you will take NEXLETOL or breastfeed. You should not do both.
- have severe kidney problems.
- have severe liver problems.

What medications might interact with NEXLETOL?

NEXLETOL may affect the way other medicines work, and other medicines may affect how NEXLETOL works. **Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.**

Especially tell your healthcare provider if you take or plan to take simvastatin or pravastatin (other cholesterol lowering medicines). Taking simvastatin or pravastatin with NEXLETOL may increase your risk of developing muscle pain or weakness (myopathy).

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

What should I do if I take too much NEXLETOL?
If you take too much NEXLETOL, call your poison control center at 1-800-222-1222 or go to the nearest hospital emergency room right away.

What are possible side effects of NEXLETOL?

NEXLETOL may cause serious side effects, including:

- **increased levels of uric acid in your blood (hyperuricemia).** This can happen within 4 weeks of you starting NEXLETOL and continue throughout your treatment. Your healthcare provider may monitor your blood uric acid levels while you are taking NEXLETOL. High levels of blood uric acid may lead to gout. Call your healthcare provider if you have the following symptoms of hyperuricemia and gout:
  - severe foot pain especially in the toe joint
  - tender joints
  - warm joints
  - joint redness
  - swelling

  Gout may happen more in people who have had gout before but also can happen in people who have never had it before.
- **tendon rupture or injury. Tendon problems can happen in people who take NEXLETOL.** Tendons are tough cords of tissue that connect muscles to bones. Symptoms of tendon problems may include pain, swelling, tears, and inflammation of tendons including the arm, shoulder, and back of the ankle (Achilles).
  - **Tendon rupture can happen while you are taking NEXLETOL.** Tendon ruptures can happen within weeks or months of starting NEXLETOL.
  - **The risk of getting tendon problems while you take NEXLETOL is higher if you:**
    - are over 60 years of age
    - are taking steroids (corticosteroids)
    - are taking antibiotics (fluoroquinolones)
    - have renal failure
    - have had tendon problems
  - **Stop taking NEXLETOL immediately and get medical help right away if you get any of the following signs or symptoms of a tendon rupture:**
    - hear or feel a snap or pop in a tendon area
    - bruising right after an injury in a tendon area
    - unable to move the affected area or put weight on the affected area

  Stop taking NEXLETOL until tendon rupture has been ruled out by your healthcare provider. Avoid exercise and using the affected area. The most common areas of pain and swelling are the rotator cuff (the shoulder), the biceps tendon (upper arm), and Achilles tendon at the back of the ankle. This can happen with other tendons.
  - **Talk to your healthcare provider about the risk of tendon rupture with continued use of NEXLETOL.** You may need a different lipid-lowering medicine to treat your cholesterol levels.

The most common side effects of NEXLETOL include:
- symptoms of the common cold, flu, or flu-like symptoms
- muscle spasms
- back pain
- pain in shoulder, legs, or arms
- stomach pain
- anemia
- increased liver enzymes
- bronchitis

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all the possible side effects of NEXLETOL.

For more information, ask your healthcare provider or pharmacist.
Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What is some general information about the safe and effective use of NEXLETOL?

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. **Do not** use NEXLETOL for a condition for which it was not prescribed. **Do not** give NEXLETOL to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about NEXLETOL that is written for healthcare professionals.

Based on Patient Information. Revised: 02/2020
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07/20 US-NXTL-2000339

community builders

In honor of Black History Month we asked three of our favorite creatives—a sculptor, a gardener, and a chef—to share their passion for developing community around their crafts.



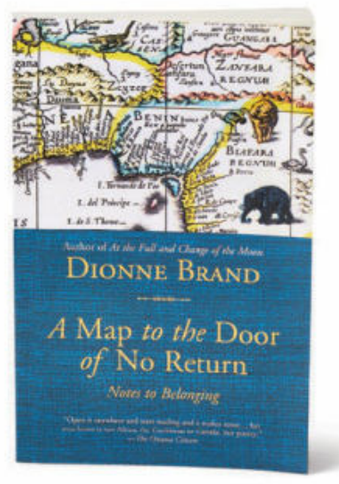
Malene Barnett

Founder of Black Artists & Designers Guild
badguild.info

Malene's plate is full. When she isn't traveling between her Caribbean-inspired home in New York City and Temple University in Philadelphia, where she's completing an MFA in ceramics, she's exploring the future of dwellings for Black families through Obsidian, a first-of-its-kind concept house slated to open its doors virtually on January 18.

The project is seminal for the Black Artists & Designers Guild, the nonprofit she founded with an unapologetic mission of carving out space for Black design talent. "The guild is not about: How are we going to show up in your space? My point was: We don't need your space to show up. That's why we created our own," she says.

Two years into the mission, the guild has propelled its members' artistic pursuits forward—one sold her most expensive piece at the Texas Contemporary fine art and design fair, an accomplishment Malene says helps validate both the artist's work and the guild's purpose—and drew 200-some guests to the exclusive Decoration & Design Building for a Black History Month celebration last year. But scale isn't her personal goal. "Design doesn't allow for conversation about the history of the work. It's very limited when it comes to cultural association. I wanted to make a shift so I could go deeper with it," she says, referencing her days as a rug and textile designer. "I don't want to be in a trap of constantly suffocating my creativity trying to appeal to all these different people. I want to focus more on art and less on quantity."



Malene's recommended read: *A Map to the Door of No Return,* by Dionne Brand, examines identity and belonging in a diverse and changing world.

TAKE NOTE

BLACK HISTORY HERO

"I reflect on the lives of artists, activists, and family members. They include sculptors Edmonia Lewis and Augusta Savage, politician Shirley Chisholm, Linda London (my grandmother), and many others who have influenced my life and creative practice."

UP-AND-COMING ARTIST

"I'm excited to see Bradley L. Bowers' next collection." The contemporary artist creates 3D-looking wallpaper, sculptural paper lanterns, and vibrantly colored shawls. *bradleylbowers.com*

BLACK-OWNED BUSINESSES

"I'm a fan of Pottery by Osa." She uses red stoneware clay, often leaves portions of her pots unglazed, and decorates with geometric designs. *potterybyosa.com*

"I'm inspired by local potters, textile weavers, and wood-carvers. Their dedication to both craft and purpose keeps cultural traditions alive." MALENE BARNETT

BY **JESSICA CUMBERBATCH ANDERSON** ILLUSTRATIONS **HANNAH GEORGE**



Jasmine Jefferson

Founder of Black Girls with Gardens
blackgirlswithgardens.com

Plants as therapy felt like a somewhat unorthodox concept in 2017 when Jasmine, a mental health professional by day, launched Black Girls with Gardens as a resource for women of color to find support, inspiration, education, and representation in gardening. Three years in, the emotional benefits of caring for plants remain a through line in her own life (she now owns over 100 plants) and in her work reshaping the narrative of home agriculture that, for many Black women, has been marred by slavery. "A lot of times we associate [the cultivation of land] with slavery, so we don't want anything to do with growing food," she says. Pushing past that trauma has paid dividends for Jasmine and the community of gardening enthusiasts she has grown on Facebook and Instagram. "Caring for plants provides us this moment of meditation. You are nurturing your plants, but you also are nurturing yourself, and you are taking time out to rest your mind," she says. Her group chats center on topics such as what members are growing that is culturally important to them and what heirloom seeds they're hoping to pass on.

The 2020 lockdown mandates proved to be a boon for the BGWG website, with a series of workshops (virtually to start) and a community garden model with accessibility top of mind on the horizon. But Jasmine remains committed to focusing her content and conversations on BGWG's four pillars: education, support, inspiration, and representation.

> "Plant caring helps you to feel grounded. The current climate is taking a toll on our mental health, and caring for a plant allows you to sit and rest." JASMINE JEFFERSON

TAKE NOTE

BLACK HISTORY HERO

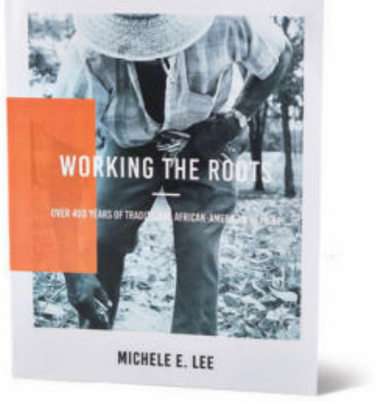
"I'm always excited to celebrate Black history and futures. I typically reflect on forgotten pioneers, such as gay rights advocate Marsha P. Johnson, author James Baldwin, horticulturist Edmond Albius, and all of our ancestors who survived so I may exist."

UP-AND-COMING GARDENER

"There are so many, but Lucrecer on Instagram (@soulsistaplants) is something."

BLACK-OWNED BUSINESSES

"I'm excited about the increase in Black-owned plant stores and nurseries. We have a complete list on our website." Favorites include: Natty Garden in Brooklyn (*nattygarden.com*), Revive and Bloom in San Francisco *(reviveandbloom.com),* My Crazy Plant Life in Tampa *(mycrazyplantlife.com),* and Tennessee Tropicals in Springfield *(tennesseetropicals.com).*



Jasmine's recommended read: *Working the Roots: Over 400 Years of Traditional African American Healing* by Michele E. Lee.

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Upgrade Your Entryway



Whether it's a mudroom or a small corner of the kitchen, your entryway space can easily become cluttered. Discover three simple ways to give it a refresh this winter with help from Command™ Brand.

Try These DIY Projects

1 ADD PERSONAL TOUCHES

Make the entryway feel like yours by displaying potted plants and personal accents, like family photos or small trinkets from past vacations, on **Command™ Display Ledges, Quartz or Slate**.





2 CREATE STORAGE SPACES FOR KIDS

Mount **Command™ Large Brushed Nickel Double Hooks** to hang your kids' jackets, masks, and more. Then, place nametags above each one using **Command™ Picture Hanging Strips**.

3 ORGANIZE YOUR GRAB-AND-GO ESSENTIALS

Keep smaller items, like keys and sunglasses, organized with the **Command™ Mirror Organizer**. It's also great for doing last-minute touch-ups before you head out the door.



Command BRAND™

Scan the code with your phone for step-by-step project instructions and visit command.com for helpful products that can be applied or removed damage-free.



PHOTO: *IN BIBI'S KITCHEN: THE RECIPES AND STORIES OF GRANDMOTHERS FROM THE EIGHT AFRICAN COUNTRIES THAT TOUCH THE INDIAN OCEAN*, BY HAWA HASSAN WITH JULIA TURSHEN, COURTESY TEN SPEED PRESS

Therese Nelson

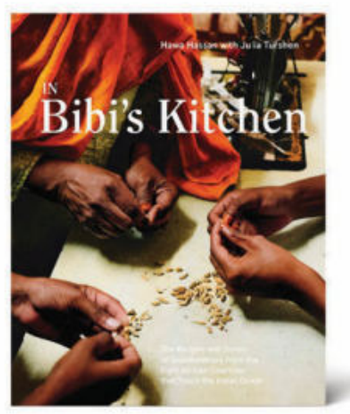
Founder of Black Culinary History

blackculinaryhistory.com

You can't unknow the connection between Black history and American cuisine once you've learned it. And in Therese's experience, you also can't help but share it. That's why she started Black Culinary History—to create a place to examine the culinary past, support and celebrate the work of fellow chefs, and build a culinary future. Her work educating Black food creators on culinary tradition isn't about defining what those fellow chefs cook, rather it's about helping them show up in the kitchen informed and full-throated about the place they've earned there.

In 2008, after graduating from Johnson & Wales University (a culinary arts school in Charleston) and working in the food and hospitality business, Therese had a there-has-to-be-a-deeper-reason moment of inflection. It set Therese on a course to preserve the Black culinary heritage through her food (she currently works as a private chef), the cookbooks she has cowritten, the exhibit she's advising on at the Museum of Food and Drink in NYC—*African/American: Making the Nation's Table*—and her mentorship of rising Black chefs. It's a calling spurred on by a circle of like-minded men and women and an intentionality about building community.

"I went from not really knowing anybody in the industry to watching people, who back then wouldn't even talk to me about being Black, transform their whole practice by centering culture," she says. Therese continues to build from that base, which she believes is also a strategy counteracting the trendiness of being a Black food creator in 2021. "So many figures that we revere now were not understood or revered in the time in which they lived, so I'm not sure that I'm willing to hold my work hostage to the whims of the Zeitgeist. The folks I know, am in community with, and see moving in this world are doing forever work," she says. "This is a life's calling."



Therese's recommended read: *In Bibi's Kitchen,* by Hawa Hassan with Julia Turshen, celebrates recipes and stories from African grandmothers.

TAKE NOTE

BLACK HISTORY HERO

"It would be Vertamae Smart-Grosvenor. Her writing has changed my life, and she was someone who had the language for Black food culture before we knew we needed it."

BLACK-OWNED BUSINESSES

"Aside from being inspirational, these women are operating businesses you should check out: Pastry chef Paola Velez is dismantling racism and reforming our industry one donut at a time. (Instagram: @smallorchids) Mavis-Jay Sanders and Sicily Sierra use their culinary superpowers to create hot sauces and seasoning mixes and model equitable restaurant leadership. (Instagram: @foodpluspeople_) Andi Oliver is repping Black foodways in the UK while adding color and flavor to food media. (Instagram: @andioliver)"

UP-AND-COMING COOKS

"The work of Haile Thomas, Rahanna Bisseret Martinez, and Amethyst Ganaway makes me hopeful and joyful." ■

"Black foodways, like Black music and Black literature, are very much a product of how people of African descent engage with the world." THERESE NELSON

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**

OPDIVO® (nivolumab) + YERVOY® (ipilimumab) = **A CHANCE FOR MORE SNUGGLY SUNDAYS**

A Chance to Live Longer™

THE 1ST AND ONLY FDA-APPROVED **CHEMO-FREE COMBINATION** OF 2 IMMUNOTHERAPIES THAT WORKS DIFFERENTLY

In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal
- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious. Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO + YERVOY?"**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain
- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.

Bristol Myers Squibb™

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7356US2002303-03-01 12/20

love notes

A little something handmade is always a good way to say I love you. These watercolor-inspired projects make beautiful gifts, and their nostalgic techniques are a joy for kids and adults alike.



COLOR WASH
Lightly brush watercolor paper with diluted paint and cut into heart cards.

filter flowers

White basket-style coffee filters become surprisingly impressive embellishments for cards when dyed and cut into flowers.

DYE THE FILTERS
Submerge a stack of five flat filters in a mix of water and 10–20 drops of food coloring until the filters reach the color you want. Separate and lay flat to dry.

FOLD AND CUT
Fold a filter in half twice to form a triangle. Fold one edge to the center; flip over and repeat with other edge to form a smaller triangle. Cut a single petal shape from the triangle, leaving the point intact. Unfold and attach to cards with a dot of glue. Instructions for the snowflake-style cutouts are at the link, *below*.

CUT IT OUT
For a detailed how-to on cutting filters for the watercolor cards, go to *BHG.com/LoveNotes*.

BY: LAUREN BENGTSON; STYLING: CHRISTY BROKENS

PHOTOS **JACOB FOX** CRAFTS BY **SUZONNE STIRLING**

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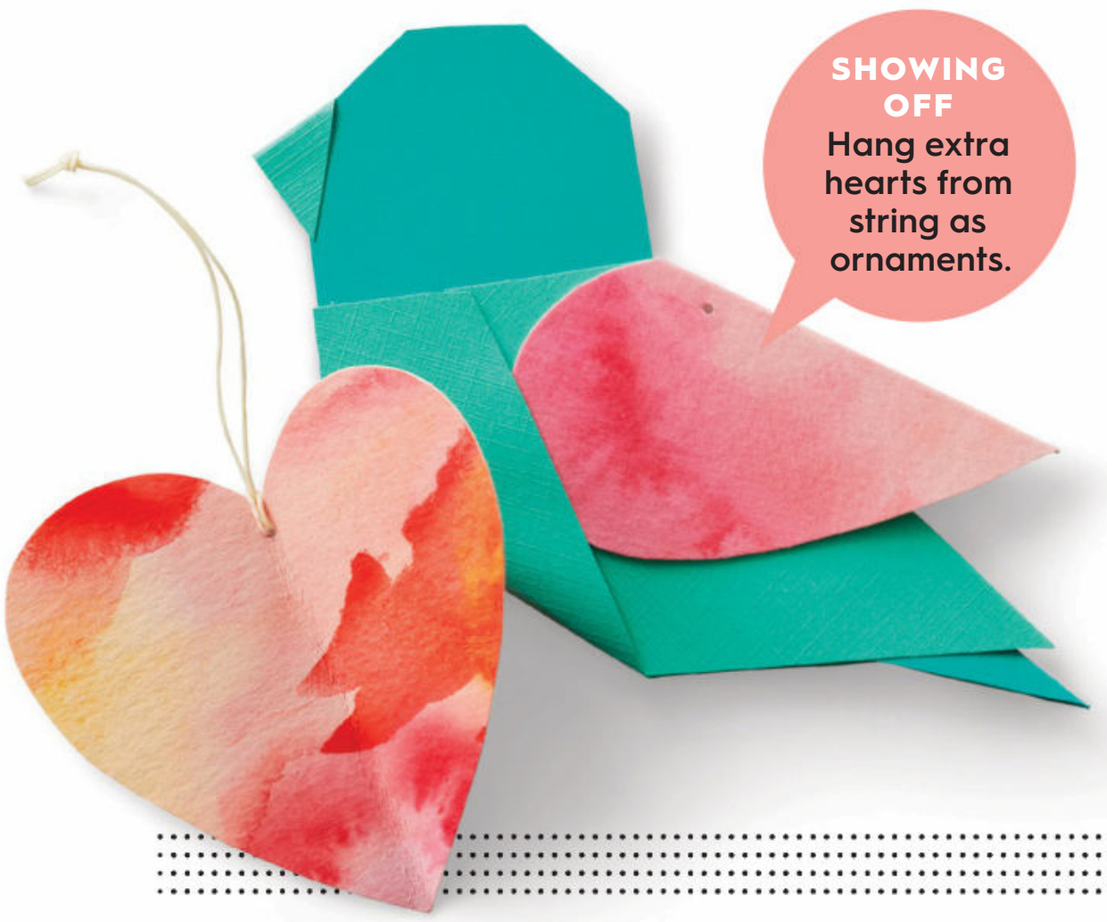
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KILLS 99% OF THEM*

FINISH STRONG



*Germs that cause bad breath and early gum disease. Use as directed.

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SHOWING OFF
Hang extra hearts from string as ornaments.

love birds

Their watercolor "wings" open into heart-shape notes. Brush water over a sheet of watercolor paper. Dip a small round paintbrush into tubed watercolor paint then into a cup of clean water. Randomly dot the paper with paint, letting the color bloom. Repeat the process with a clean brush and water for each additional color. When dry, cut out hearts, fold in half, and slip into the folds of the paper birds (see link, *right*). **TIP** Write "Read me" at the tops of the hearts so the receiver knows to open them.

PAPER BIRDS TEMPLATE
Scan the code above or visit *BHG.com/LoveNotes* for templates and how-to.

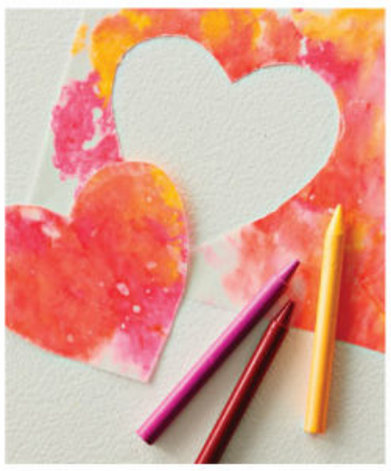


If cut edges separate, reiron them between kraft paper.

TOP IT OFF
Use the hearts as gift toppers or stained glass in a window.

wax hearts

Crayon shavings get fancy when melted between waxed paper and cut into hearts. We mixed regular, pearl, and neon crayons for sass. Shave crayons with a pencil sharpener, keeping colors in separate piles. Place a sheet of waxed paper on a piece of kraft paper. Sprinkle crayon shavings onto the waxed paper, leaving a little space between each color. Cover crayon with another sheet of waxed paper then kraft paper. Pressing gently, iron on low to completely melt shavings. When cool, cut out hearts. ■



These Aren't Your Mother's Cookies. They Just Taste Like it.

PEPPERIDGE FARM FARMHOUSE®







THERE'S NO TASTE LIKE HOME™

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winning entries

You don't need a coat closet or a hall table to achieve order by the front door. We'll show you how to convert wall space into a high-performing drop zone.



[SOLUTION NO. 1]

STACK IT UP

Coats, shoes, sunglasses, keys. They've all earned a spot near the door. And they each need a place to call home at the end of the day. A sliver of wall is enough to contain these basics. Bonus: This system keeps you from stowing more than you actually need.

FRESH CADDIES

Inspiration for these wall-mount containers came from outside: They're window planter boxes. Mounted on an entry wall, they become clever catchalls—more useful than shelves and durable for daily use. MB-PL24, $64 each; *cedarwood furniture.com*

GOOD MEASURE

To maximize vertical space, first mount the shoe holder low, just above the baseboard. Then hang a mirror at a comfortable height for a once-over. Center the other bin below the mirror. The space left is prime for hooks.

BY **KIT SELZER** PHOTOS **BLAINE MOATS** PRODUCED BY **LESLIE POYZER**



Important facts about FANAPT® (iloperidone) tablets

PURPOSE

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

IMPORTANT SAFETY INFORMATION
BOXED WARNING:

Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt.® Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt.®

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt.® This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt.®

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt,® you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt.® Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt.®

To access the full Prescribing Information, including BOXED WARNING, visit www.Fanapt.com.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Learn more about savings at www.Fanapt.com.

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[SOLUTION NO. 2]

STRETCH IT OUT

Long and shallow, this DIY center of organization packs in the storage but stays out of the way. A three-piece plywood top spans a whopping 10 feet, bridging two 16-inch-deep cabinets (Brimnes, $79 each; *ikea.com*) and a row of coat hooks.

DISPLAYING ARTWORK AND ACCESSORIES MAKES THE UNIT SEEM LIKE LIVING ROOM FURNITURE.

BIRCH BOARDS WRAP AROUND THE TOE-KICKS FOR A BUILT-IN EFFECT.

THE PANELING IS INSTALLED HALF AS DEEP AS THE CABINETS TO KEEP THE HOOKS WITHIN REACH.

Dealing with more stuff? Assign closet duties to a wide section of wall and gain the benefits of a handy counter.

© 2021 Kraft Foods

STACK IT.
BUILD IT.
MIX IT UP.



HAPPY HEALTHY HOME

Shut Out Germs

You're most likely to bring home germs on your hands and shoes, says Charles Gerba, Ph.D., a microbiology professor at the University of Arizona. Use a mat outside the door, and keep hand sanitizer and disinfecting wipes right inside. Wipe bags and backpacks too.



■ **EVERYDAY TIDY**
Bins in one cabinet, *right,* divvy up items. When everyone sticks to the labels, retrieving from the loose assortment is simple.

■ **HIDDEN HANGERS**
Hooks in the other cabinet, *below,* keep spare coats and bags out of sight.





■ **SHOE KEEPER**
Wet shoes need a spot to dry. This boot tray comes with an insert that can be hosed off. AMB0BT3F-007, $58; *homedepot.com* ■



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RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20¢. Reproduction of this coupon is expressly prohibited. Mail to Dr. Harold Katz LLC, CMS Dept #97029, One Fawcett Drive, Del Rio, TX 78840. Limit one coupon per item purchased.

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* 24 Hours of Fresh Breath / Gingivitis protection when used as directed twice a day. COUPONS VALID IN STORES ONLY - NOT VALID ONLINE

how green is your kitchen routine?

Cutting back on water, electricity, gas, and disposable items makes your kitchen more eco-friendly. Use our checklist to assess your cooking and cleanup habits, and discover how being greener will save you some green.



« USING A LID LETS YOU LOWER THE BURNER TEMPERATURE.



❑ My fridge lives up to its cooling potential

The refrigerator should be full but not stuffed and the coils free of dust. Avoid storing piping hot food. And though the savings are nominal, it can't hurt to obey Dad's edict: Don't stand too long with the door open.

❑ I clean safely

It's wise to check labels on cleaning products for what the U.S. Environmental Protection Agency calls signal words. *Danger* indicates the most harmful formulas, followed by *warning* and *caution*. To learn about its Safer Choice seal, see *epa.gov/saferchoice*. For other terminology, go to *ewg.org/guides* and click on Label Decoder.

MORE THAN **1,600** **GALLONS OF WATER** THAT'S THE WASTE A FAUCET LEAKING ONE DRIP PER SECOND CAN CAUSE IN ONE YEAR.

SOURCE: ENERGY STAR

❑ I PLAN MEALS THAT CONSERVE COOKING ENERGY

Batch cooking, one-pot meals, and thawing meat in the fridge (not the microwave) reduce appliance use. Other simple energy savers: Match the pot size to the burner and avoid opening the oven door while cooking.



❑ I wash dishes efficiently

An energy-efficient dishwasher combined with conscientious handwashing is best for cost savings and low environmental impact. Follow these best practices.

- **IN THE SINK** Scrape plates, soak and scrub them in sudsy hot water, then dip in clean cool water.
- **IN THE DISHWASHER** Run a full load at an off-peak time (like bedtime) and skip the heated dry option.

BY **KIT SELZER** ILLUSTRATIONS **EDWIN FOTHERINGHAM**

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44%
of people say they reduced food waste last year while spending more time at home.
SOURCE: ONEPOLL

❑ I avoid unnecessary packaging

These shopping habits cut down on trash and save money. ■ Reduce the number of packages you buy over time by choosing large packages of cereal, pastas, and spices then decanting them into reusable containers at home. ■ Bring your own store-approved containers to buy foods like dried grains in bulk. ■ Use cloth mesh bags for fruits and vegetables, and think twice about produce that's shrink-wrapped or in plastic containers. Beyond its disposable wrappings, precut produce is expensive and can have reduced nutritional value.



❑ I REPURPOSE WHAT I CAN AND RECYCLE THE REST

Pinterest is filled with ideas for glass jars, like creating terrariums and refrigerating herbs in water. And those jars come "free" with your purchase of pickles, salsa, and spaghetti sauce. Minimizing what's in your trash can *and* your recycling bin is the fastest track to zero-waste living.

❑ I prefer reusable containers

Glass containers with airtight lids remain one of the best ways to store leftovers. Other ways to avoid single-use storage:



BEESWAX WRAP
For a tight seal on a bowl. Hand-wash and reuse. $30 for 14"×52" cut-to-fit roll; *beeswrap.com*



SILICONE BAG
A bag that can be heated or chilled. It stands up and zips closed. $10–$13 each; *ziptop.com*

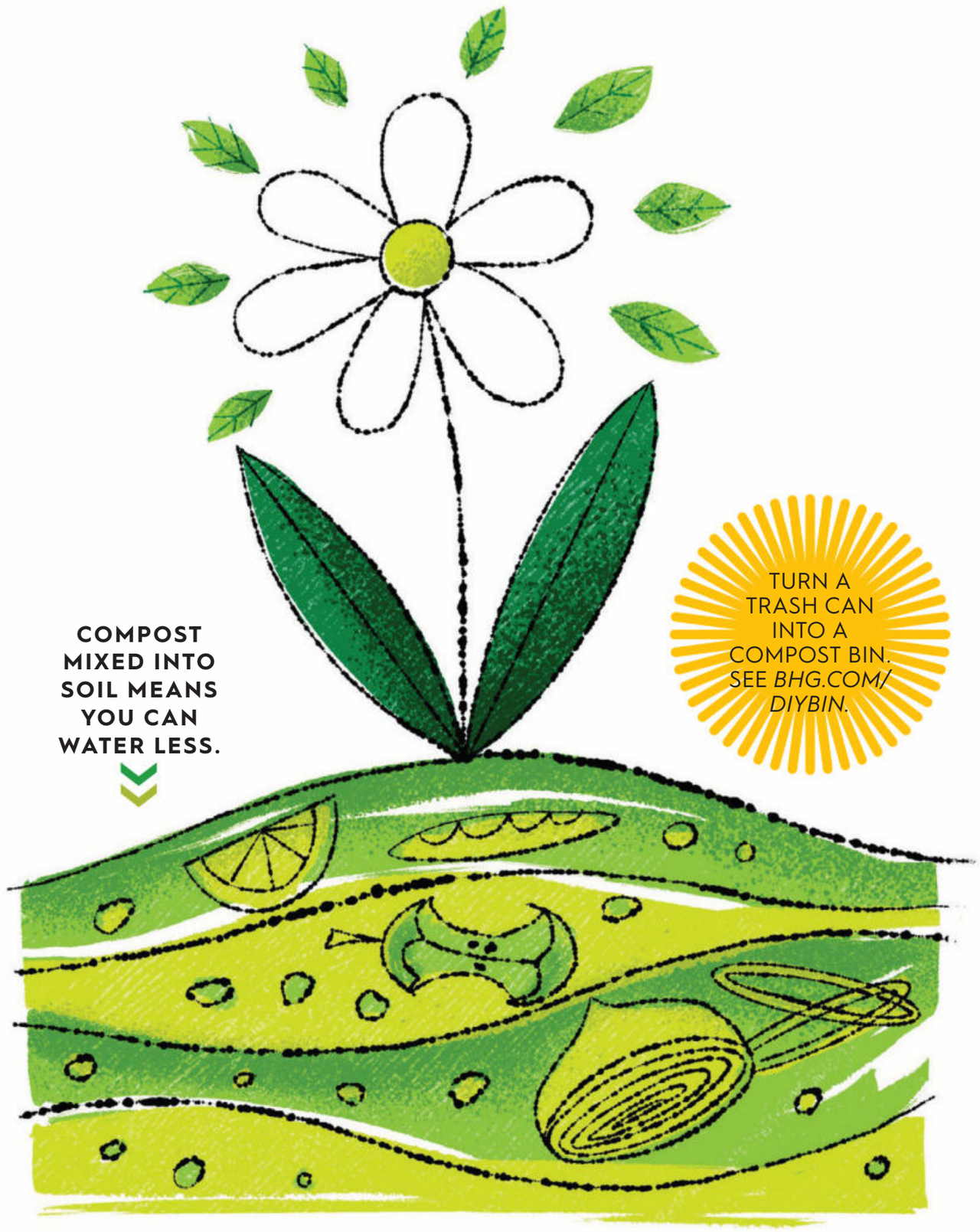


STAINLESS STEEL
Lightweight, unbreakable, and nestable when empty. $22 for set of three; *weesprout.com*



❑ I feed the soil

Think of composting as operating your own little recycling center. That pile of organic material you create over time by combining food scraps with yard waste allows you to buy less topsoil and fertilizer for your yard and garden. It's good for your soil, and you've helped reduce the methane that food creates in landfills.



How green are you?

LIME
Only a few check marks? That's OK; you're off to a good start. Commit to one new idea today.

KELLY
You're halfway there. Don't stop now. Challenge yourself to up your green game as you lower your utility bill and reduce kitchen waste.

FOREST
Great job! Your kitchen is set. What's the next room you're ready to tackle? ■

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**W/experience, https://www.bls.gov/ooh/healthcare/medical-records-and-health-information-technicians.htm, 11/6/2020*

CD151

tiny bulbs

Planted in fall, these diminutive flowers draw you outdoors in late winter and early spring to enjoy their beauty up close.



Right about when things get sloppy due to melting snow, these come-back flowers cheer us. They're 4–6 inches tall with a few exceptions.

1

SIBERIAN SQUILL

Evoke spring's blue skies and puffy white clouds.

2

STRIPED SQUILL

Luxuriously ruffled flowers.

3

CROCUS

Bees love the silky, goblet-shape blooms.

4

WINTER ACONITE

One cold morning a 3-inch-tall carpet of yellow awaits you.

5

GRAPE HYACINTH

The dozens of varieties are named for their dense clusters of flowers.

6

SNOWDROP

Flowers dangle like charms on 6- to 8-inch-tall stems, depending on the variety.

7

ROCK GARDEN IRIS

The littlest iris.

8

GRECIAN WINDFLOWER

Daisy-like flowers all but hide the leaves.

9

GLORY-OF-THE-SNOW

Star-shape flowers range from pale pink to blue.

PHOTOS: (1, 2, 7, 9) CARSON DOWNING, (3) BRIE PASSANO, (4-6) JASON DONNELLY, (8) JACOB FOX

BY **MARTY ROSS**

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[PLANTING TIP]

MORE IS MERRIER MANY TINY BULBS MULTIPLY IN THE GROUND OR SPREAD BY SEED OVER THE YEARS.



Snowdrops flourish at the edge of a woodland garden.



Crocus and winter aconite are among spring's earliest bloomers.

Although all of these tiny early bloomers are often referred to as bulbs, that's a misnomer for some. Crocus are, in fact, corms. Winter aconite and Grecian windflower grow from hard, lumpy tubers. Glory-of-the-snow, grape hyacinths, rock garden iris, snowdrops, and squills do grow from bulbs.

CONDITIONS

A sunny spot in well-drained soil suits most small bulbs. Winter aconite grows best in part shade. Snowdrops and Grecian windflower are fine in filtered light. Most are hardy in Zones 3–8, except winter aconite, rock garden iris, and windflowers, which are hardy in Zones 5–8.

PLANTING

Early fall is the time to find small bulbs in nurseries and plant them. Soak tubers overnight before planting to help them break dormancy. To plant, dig a hole about three times as deep as the bulbs are tall and place a dozen or more bulbs in each hole with a few inches between each of them. Bulbs and corms should be planted pointed end up, tubers sideways. Water thoroughly after planting, then let them be.

SPRING CARE

If spring rain is sparse, water lightly; the soil should not be soggy. Allow the leaves to mature and fade naturally; they supply nutrition to the bulbs for next year's flowers. Fertilizing isn't necessary.

PESTS

Squirrels may dig up bulbs in fall after planting. To deter them, firmly pat the soil over bulbs and cover with bird netting or chicken wire secured with rocks.



Grape hyacinth foliage often comes up in fall. Grow them as markers to remind you where you planted other bulbs.

SOURCES

- *brentandbeckysbulbs.com*
- *colorblends.com*
- *johnscheepers.com*

PLANT *PAIRINGS*

Group bulb varieties to mimic the look of a woodland and play up each one's color and form.



LATE-WINTER DUO

Purple rock garden iris and white snowdrops look crisp braving chilly weather together.



RIVER OF FLOWERS

Tiny winter aconite and crocus complement larger hellebore, which blooms around the same time.

PRETTY PASTELS

For a palette that says spring, pair pale blue striped and Siberian squills with a pink tulip like 'Heart's Delight.' ■

PHOTOS: (TOP LEFT) GAP PHOTOS/ROBERT MABIC, (TOP RIGHT) GAP PHOTOS/HOWARD RICE, (GRAPE HYACINTH) JASON DONNELLY; ILLUSTRATIONS: AGNESE BICOCCHI

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COOKS WE LOVE

GREAT BOWLS OF FLAVOR

For Kevin Curry, the author of *Fit Men Cook,* bowl meals and healthy eating go hand in hand. Kevin considers them a one-stop opportunity to pack in veggies (loaded with antioxidants and vitamins) and healthy protein while making flavor a priority. "There's something wonderful about having a complete meal all in one recipe," Kevin says.

RECIPES BEGIN ON PAGE 102.

Ramen Noodle Salad Want to indulge in a bowl of noodles but think you should stick to a salad? What you're after is a noodle salad, emphasis on *salad.* Kevin doubles up on veggies and limits the noodles (chickpea or wheat for their health and nutty flavors) to half of a suggested serving size. Take your pick of dressings to finish the salad, a soy-ginger vinaigrette or spicy peanut sauce (made with powdered peanut butter to cut the fat).

BY **HALI BEY RAMDENE** PHOTOS **CARSON DOWNING** FOOD STYLING **KELSEY MOYLAN**

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TAHINI SAUCE
Kevin uses tahini when he wants bold umami taste in a small dose. Thin with water for more of a drizzling consistency.



Eating the same old chicken breast, brown rice, and broccoli—"that's how I always failed diets," Kevin says. But boring, bland meals didn't knock him off track for long. After many uninspired bites, Kevin reached a realization that would change the course of his career: "You can have good flavor *and* create something that's health- and calorie-conscious." He started sharing his recipes on a blog, which eventually led to leaving the corporate world to grow his business centered around practical, healthy cooking. His approach? Deconstructing dishes he loves—the carne asada he grew up eating in his hometown of Dallas, for example—and rebuilding them so they are healthier, with plenty of flavor intact. "I don't expect them to taste exactly like the originals, but if the essence of the dish is there, I consider that success."

PORTRAIT: JARED NAVARRE

Tahini, Grain & Veggie Bowl If grain bowls are a mainstay of your menu plan, take a hint from Kevin and play with the components to stave off boredom. "Sometimes I have to remind myself there are other nutritious and wonderful whole grains out there," he says. For example, in place of his default brown rice, farro is the foundation of this plant-centric bowl. Kevin piles on herb-roasted veggies (avoiding super-starchy ones) and chickpeas then tops it with a garlic-lover's tahini sauce. We recommend making a double batch of the sauce to jazz up next week's meals and snacks.

FLAVOR PLAY

Kevin's healthy-cooking philosophy puts tastiness on the same pedestal as nutrition. But he knows you don't need decadent ingredients to achieve big, delicious flavor. There are many ways to adjust a dish to suit your taste without changing the main nutrients (fat, protein, and carbs).

SPICES & HERBS

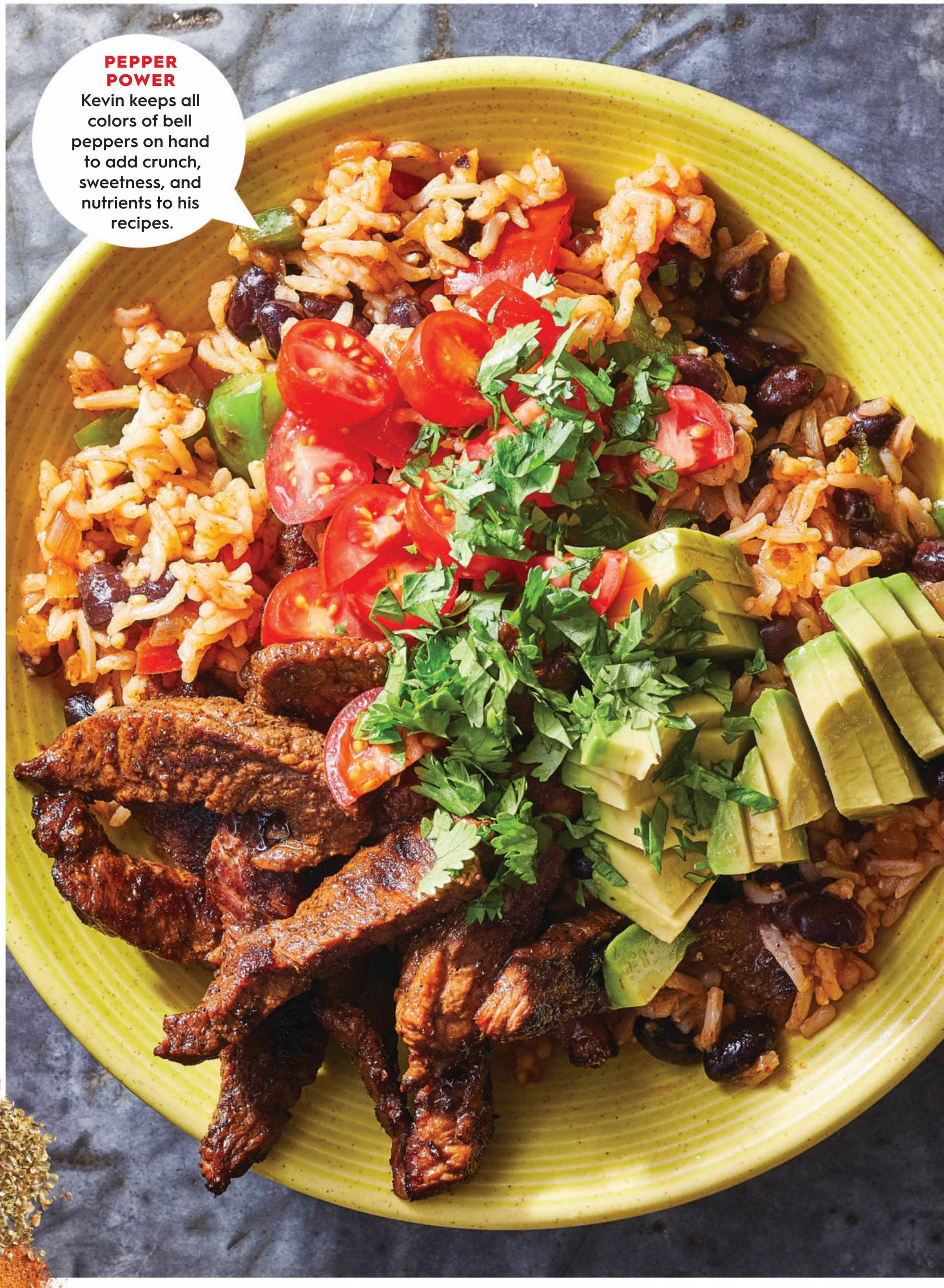
Think of spices as levers you can pull for a boost. If you love cumin's nutty taste, add an extra pinch. Dried herbs like oregano make your dish earthy and savory.

GARLIC

There aren't many hard-and-fast rules when it comes to garlic, so adjust the number of cloves up or down depending on your love for the bulb.

CITRUS

A squeeze of fresh citrus right before serving balances sweet and salty notes and brings out subtle flavors.





Carne Asada Burrito Bowl "Growing up in Texas, tacos and burritos are life," Kevin says. But a heavy, high-calorie burrito isn't always what we're after when a craving strikes. That's where this bowl comes in. To lighten up things without leaving you hungry, Kevin ditches the tortilla but keeps the rice. Extra veggies ramp up the fiber and antioxidants in every bite. Kevin tops the bowl with sizzling marinated flank steak, a lean cut he loves for being "impossible to overcook." ■

homemade yogurt

Before you have to add yogurt to the shopping list, set aside a bit to use as a starter for an at-home batch. It takes about 30 minutes of prep and your trusty slow cooker.



INSTANT POT VERSION
You can make this recipe in a multifunction cooker too. Watch our video at BHG.com/PressureCooker Yogurt.

VANILLA YOGURT

HANDS-ON TIME 30 min.
TOTAL TIME 8 hr. 30 min., includes chilling

- **8 cups (½ gal.) whole milk**
- **1 Tbsp. vanilla bean paste or vanilla**
- **¼ cup plain unsweetened yogurt labeled with "live and active cultures," at room temp**

1. In a 4-qt. saucepan cook milk over medium until an instant-read thermometer registers 180°F to 185°F, stirring frequently. Let cool until 110°F to 113°F. Stir in vanilla bean paste.
2. In a small bowl stir together 1 cup of the milk and the ¼ cup yogurt until smooth. Stirring constantly, slowly pour the mixture back into the milk in the saucepan. Ladle mixture into four clean pint canning jars. (You may have a little extra.) Top with lids and fasten screw bands.
3. Place jars in a 6-qt. slow cooker. Pour enough lukewarm water into the cooker to reach just over halfway up the sides of jars. Cover and cook on high 5 minutes. Turn off cooker, wrap with a thick towel, and let stand 4 hours or until yogurt is thick, turning on cooker to high for 5 minutes every hour.
4. Chill jars about 4 hours or until yogurt is set. Store in the refrigerator up to 2 weeks. If desired, reserve some yogurt for making the next batch. Makes 8 cups.
PER ½ CUP *77 cal, 4 g fat (2 g sat fat), 13 mg chol, 54 mg sodium, 6 g carb, 6 g sugars, 4 g pro* ■

FRUIT YOGURT Before chilling in Step 4, stir 2 Tbsp. mashed fruit—like berries, peaches, or mango—into each jar. Chill at least 4 hours.

FOOD STYLING: CHARLIE WORTHINGTON

PHOTO **CARSON DOWNING**

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What do you want FOR BREAKFAST?

Something ***DELICIOUS***

Something ***HIGH IN FIBER***

Kellogg's Raisin Bran

no-regrets pizza

Cookbook author and healthy-, happy-living expert **Gaby Dalkin** takes pizza off the guilty pleasures list and puts it in the guilt-free category. How? It's all about balance and loads of fresh ingredients.



veggie banh mi pizza

For this meat-free take on the Vietnamese sandwich, Gaby drizzles honey vinaigrette over the baked crust then piles on pickled carrots and red onion, Persian cucumbers, red Fresno peppers, and cilantro.

BY: DIANA DICKINSON; PHOTOS: MATT ARMENDARIZ; FOOD STYLING: ADAM PEARSON



meet gaby

Gaby Dalkin, the California culinary entrepreneur behind the sunny *What's Gaby Cooking* blog and cookbook series, encourages the occasional indulgence. "I love cheese, wine, and brownies," Gaby says, "but I also love vegetables, lean proteins, and whole grains. It's all about striking that balance."



PIZZA SALAD
"No one says you can't heap greens on a delicious, chewy crust and call it a salad. Go beyond a sprinkle of basil leaves to get your greens in."



roasted garlic-goat cheese pizza

This mozzarella and goat cheese pizza starts with a roasted garlic mash followed by basil vinaigrette. "It makes the garlic flavor sing," Gaby says. Add fresh basil before serving.

homemade pizza dough

Gaby loves an extra-thin but chewy crust. To get that just-right texture she uses two types of flour: 00 flour (superfine with less gluten) and all-purpose. You can make the dough up to 24 hours ahead or freeze it. ■



MINDFUL EATING
Pick up Gaby's new magazine packed with healthy-living recipes and tips. Available on newsstands now or at *magazine.store/Gaby*.

RECIPES BEGIN ON PAGE 103.

If These Walls Could Talk

...they'd say taking some markers to your drywall isn't such a bad idea. Minneapolis designer **Honja Kocemba** does that, creating walls that sing with paint pens, murals, starched fabric & colorful stenciling.

ART IN GOLD AND BROWN TONES WARMS THE COOL GRAY WALL.

BY **KATHY BARNES** PHOTOS **KIM CORNELISON** STYLING **LIZ GARDNER** PRODUCED BY **MALLORY ABREU**



tip

paint pens

Water-base paint pens are easy to cover when you want a change. Opt for a gold metallic that glimmers or looks neutral depending on lighting.

PAINTED SCALLOPS

Honja Kocemba's living room wall looks dapper with an impromptu black-and-gray scallop pattern that offsets the angularity of her sofa. The rest of the room is symmetrical, so she placed the scallop design and wall lamps off-center.

FIRST IMPRESSION

Blank walls don't stay blank for long in Honja's home. She even drew a bold mural in the narrow entry using a gold Sharpie paint pen. (You don't have to be an artist to follow Honja's lead; see her trick for tracing murals, *page 80.*)

TITLE LETTERING: ANNA FREDERICK

THIS TILELIKE HIGH RELIEF PATTERN IS ACTUALLY PAINTED BRICK. (FOR HOW-TO, SEE *OPPOSITE*.)



When you walk through Honja Kocemba's house, the first thing you see are gorgeous walls tattooed with golden, freehand flowers and curvy scallops. But the project she's most excited to tell you about is one you can't see: the absent popcorn ceilings. "The house was all popcorn, and I so badly wanted those old house, smooth ceilings," she says. "The estimates to do a job like that would have been thousands. So instead, I spent two months living with the mess of scraping, applying skim coat, and sanding, over and over." Both projects—her wall designs and the smooth ceilings—were born of the same DIY attitude: Why not?

That mentality is present in every project the designer takes on for clients and in her own home, which she shares with followers on Instagram (@mondaymondaycreative). "I see something and think, *I want that. How do I make it happen in a way that's affordable and beautiful?*" The answer usually includes a paintbrush, a marker, or yards of starched fabric.

When Honja, husband Andy, and kids Mila, Cleo, and Alfie moved into their Minneapolis home eight years ago, it checked all the boxes: a 1970s ranch house with no major issues and lots of dated surfaces. With an art degree, some construction experience, and a fear-nothing approach, she took on each room as she could. Sometimes moving through cosmetic projects quickly, other times picking away at small remodels, Honja tackles spaces when the inspiration strikes.

"Your home doesn't have to be resolved quickly. It has taken us seven years to get to where we are now," she says. "But our basement isn't done. Our bedroom isn't done. And that's OK. Just get started. Change the color. Buy that gallon of paint. It only costs about $25, and if you hate it, redo it. Give it a try." After all, why give creativity a deadline?

DESIGN ON A BUDGET

Thrifting and DIYing give Honja an even greater sense of pride in her home. The living room is a prime example: She installed IKEA cabinets herself, thrifted the coffee table and rug for $400, and salvaged the light fixture, which she painted gold.



how to PAINT BRICK

Honja uses geometric shading to create a 3D effect.

1 PREP

Using an old rag, wipe brick to remove any dirt or dust. Caulk holes or cracks in mortar; let dry. If the bricks and mortar have never been painted, prime them.

2 PAINT

Using a large, old paintbrush, cover bricks and mortar with semigloss light gray paint. (Fuzzier bristles help get paint into nooks.)

3 SHADE

Use the bottom of bricks as a baseline for creating four triangles per brick. Paint triangles a flat dark gray paint using an artists brush.

tip **time to diy** Honja uses little moments to make progress. "If I have even 20 minutes, I'll paint something. I'll paint window trim before church on Sunday. That's how you find time. Make it a hobby."



how to MAKE A MURAL

Line drawings are the base for this whimsical wall art.

1 DRAW

Draw a design freehand, or download and print a line drawing from an open source site (like Vecteezy) onto transparency paper.

2 PROJECT

Honja uses a manual overhead projector (available for rent from party rental shops) to project her designs onto the wall.

3 TRACE

Once the image is projected at the desired scale, use a water-base Sharpie to trace the design. Don't pretrace with a pencil; it can leave a dent in the drywall.



SALVAGED MARQUEE LETTERS (MINUS THE LED LIGHTS) CREATE A FOCAL POINT.



STENCILED WALLPAPER

Honja glimpsed a wallpaper she liked in a story about a celebrity's home then created her version with a stencil. She painted the powder room walls peach, cut stencils for the three main shapes, and applied blue, green, and pink paint with a foam paint roller. She drew on stems and veins freehand for dimension.

FLOWER POWER

The family room mural was the first large-scale floral pattern Honja attempted. (She loves the design so much she had her drawing tattooed on her arm.) If you're a first-time muralist, Honja suggests starting with an organic design; they don't require the exact measurements of geometric designs.

RAINBOW BRIGHT

Cleo's room started with white paint and a pale pink diagonal. "The fun thing about a kids room is that you can really let go." When the 9-year-old asked for even more color, Honja added stripes using leftover paint and a couple of sample quarts. "I love perfection and math in art," she says. "I usually measure or create a template; painters tape helps too."

clean lines To create a sharp line between colors, apply painters tape, then paint the wall color over the edge of the tape. Once dry, apply the new color and remove tape while wet.

THIS FORMERLY HOT PINK FIXTURE NOW LOOKS SLEEK WITH A COAT OF BLACK.

DOODLE WALL

When Honja's daughter Mila became a tween, she asked for a room that felt a bit more grown-up. Honja painted the walls a charcoal navy at her request then surprised her with a doodle wall of whimsical shapes and inspirational words.



HAPPY HEALTHY HOME

CREATE FOR CALM

"When you do something creative, you become focused on the present activity and let go of spiraling thoughts," says Nicole Lovald, yoga studio owner and life coach. "Getting yourself out of that loop slows your heart rate and weakens neural pathways that relate to stress."

tip

fabric wallpaper

To adhere fabric to a wall, saturate it completely in liquid starch. Tape fabric to top of wall, then use a roller dipped in starch to smooth it on.

BATH HACKS

Honja gutted and transformed the bath her kids share. She repainted a vanity from a home center and installed wall paneling and trim in the same color for impact. The toucan pattern—a fabric Honja soaked in Sta-Flo Liquid Starch to hang like wallpaper—is a family favorite.

OH, HELLO

Wanting the floor to have a bit of pattern that wouldn't compete with the wallpaper, Honja installed inexpensive hex tiles from Home Depot in wide black-and-white stripes. Leftover tiles line the shower niche, which greets the kids with a happy "hi." ■



BUYING INFORMATION: *BHG.com/Resources*

THE LANGUAGE of FLOWERS

BY
ELIZABETH JARDINA
PHOTOS
JACOB FOX
PRODUCED BY
JESSICA THOMAS



Floral Dictionary

Sources vary on what different flowers symbolize—this is art, not science—but these are some of our favorite interpretations.

1 DAISY
Telegraphs playfulness and happiness.

2 BLUE IRIS
"I believe in you"; wisdom, hope, faith.

3 HELLEBORE
Protection, anxiety relief. Feeling cheeky? They also mean scandal.

4 ROSE
A fully opened rose represents beauty; a peach one stands for friendship.

5 LILY White lilies symbolize purity and innocence; pink indicates prosperity.

6 CARNATION
Linked to affection; deep pink heats up that message.

7 TULIP
Symbolizes happy years. Purple is associated with royalty: "You are my queen," anyone?

8 CHRYSANTHEMUM
Cheer, longevity, and happiness, even during what may be difficult times.

9 BLUE SALVIA
Stands for healing and thoughtfulness, spiked with wisdom.

THROUGH THE CENTURIES, VARIOUS CULTURES HAVE ATTACHED SPECIAL MEANINGS TO FLOWERS. FOR VALENTINE'S DAY (OR ANY DAY), USE FLOWERS TO DELIVER A PERSONAL CODED MESSAGE—AND A GORGEOUS VASE OF CHEER—TO LOVED ONES.



10 LISIANTHUS
A public show of affection. Sometimes used in proposals, so gift wisely.

11 RANUNCULUS
Victorians would send these to their crushes, but they're also right for a charming friend.

12 DELPHINIUM
Lightness, brightness, and everything delightful.

13 ORCHID
Meaning romantic love, this flower tends to have racy connotations.

14 DAHLIA
Dignity, confidence, and strength; a bouquet says gratitude.

15 ANEMONE
Anticipation and optimism. In white, they're linked to sincerity.

16 SWEET PEA
Pleasure and gratitude: "Thank you for the time we spent together."

17 ALSTROEMERIA
Friendship and devotion, fitting for a long-lasting cut flower.

18 GLADIOLUS
Named for their swordlike leaves, they connote strong character and splendid beauty.

What's in a rose?

Different colors symbolize different things. White roses represent honesty and respect, pink speaks to sweetness and friendship, and red sends love. Thorns say that love can come with pain (as any gardener can tell you).

Even greenery can send a message. Rosemary, which adds bright fragrance to a bouquet, stands for fidelity. Geranium leaves, with their fuzzy-crinkly texture, are symbolic of comfort.



SPELL IT OUT

When gifting a bouquet, include a tag that identifies the symbolism behind each flower.

Modern Love

A mixed arrangement of flowers expresses an entire paragraph of emotions. Hot pink carnations say you are unforgettable, red roses symbolize love and passion, and ranunculus mean charm. Pink and white tulips tell someone they have beautiful eyes. Bundle flowers tightly and trim stems so that the outer flowers sit on the vase edge for a contemporary-looking dome-shape arrangement.

Pick a Posy

To make a small bouquet—aka a posy—use four or five kinds of flowers at most. Choose a relatively large central flower for your focal point. Holding it in one hand, use your other hand to build the arrangement around it. Secure the stems with ribbon or twine to make it extra special for gifting. We tied these posies with synthetic Wired Ombré Ribbon (*midoriribbon.com*) that won't show water marks from the bundled stems.

READ UP

For a deep dive into floral symbolism, plus bouquet inspiration, check out these books.

Floriography by Jessica Roux, $20; *simonandschuster.com*

The Language of Flowers by Odessa Begay, $28; *harpercollins.com*

The Posy Book by Teresa H. Sabankaya, $25; *wwnorton.com*



GET WELL SOON

Sunflowers say be strong, mint is associated with protection from illness, delicate chamomile daisies send relaxing vibes, and eucalyptus (used in medicinal rubs and bath salts) means healing.



YOU'RE THE BEST

Dahlias are the center of this posy for a person who's always there for you. Zinnias—yellow and magenta—reveal you're missing closeness; the sage stands for gratitude; snowberries send good thoughts.



GOOD LUCK

A pink puff of hydrangea speaks to success, hellebore relieves anxiety, Queen Anne's lace signifies protection and warmth, and bells of Ireland say that luck will always be with you.



FOREVER FRIENDS

Pink-blush alstroemeria represents enduring fondness. The trio of yellow emphasizes your bond: freesia for trust, roses for care, and gerbera daisies for friendship. ■

A FEEL-GOOD

One Denver gardener grows herbs and vegetables

Easy-care pea gravel paths access the 2-foot-deep cedar raised beds of herbs and veggies. Trellises designed and made by Ona Belk's husband, Craig Kleinman, support tomatoes and climbing vegetables. Fragrant lavender lines a garden pathway.

GARDEN

for wellness and to keep family traditions alive.

BY **KATE CARTER FREDERICK** PHOTOS **DAVID PATTERSON** PRODUCED BY **ELAINE ST. LOUIS**

Any plant that has a place in Ona Belk's Denver garden has a purpose. Raised beds hold an array of vegetables as well as parsley, cilantro, sorrel, and other herbs. "For me, the most important thing is to have an edible garden, a medicinal garden," she says. "Whatever is growing, I make use of it." And it's not only the culinary herbs that get put to use. Ona works flowers like calendula and lavender into bath salts and scrubs; berries from landscape shrubs, such as elderberry and red currant, get harvested for tinctures and syrups.

Using plants for food and home remedies is part of her Lithuanian heritage. When she was growing up in a Chicago row house filled with extended family, vegetables covered every square inch of their postage stamp backyard. Back in Lithuania, her grandmother, aunts, and other family used herbs for medicinal purposes. "My great-aunt was over 100. She knew when and where to pick all the different wild herbs in the forest," says Ona, recalling how that great-aunt took a special herbal tincture for her health every morning.

In her own yard, Ona snips fresh herbs for recipes—like extra-flavorful tomato sauces and pestos for freezing—and dries others for teas and tinctures. She also packages skincare concoctions as gifts for friends. When it's time to let the garden rest under a blanket of winter snow, she transplants small herb plants—thyme, tarragon, dill, rosemary—into pots and takes them indoors. "It's so nice to have some fresh herbs in the kitchen," Ona says.

On top of its practical benefits, the garden keeps her connected to her past. As she snips thyme flowers, she remembers traveling to Lithuania each summer, where her uncle would take her children to the seashore to pick wild thyme. Today, Ona's daughter Analise Stein is an herbalist, creating a line of products called Milda Apothecary. "She's teaching me things now," Ona says. "It all circles back."

PHOTO: (LINDEN FLOWERS) WESTEND61/GETTY IMAGES







■ **OPPOSITE**
The generous paver pathway invites strolling amid the fragrant thyme ('Elfin' and woolly) and lavender.

■ **LEFT, FROM TOP**
Ona incorporates rose-scented geranium, which is believed to have antiaging properties, into facial serums and lip balms. She combines linden flowers with others in a body polish and tosses nasturtium into fresh salads or dries it for teas.

■ **BELOW AND TOP RIGHT**
The garden wraps around a dining porch, with a long, narrow table situated to take in the view. An abundance of fresh flowers, herbs, vegetables, and fruits are within easy reach for entertaining and everyday purposes.





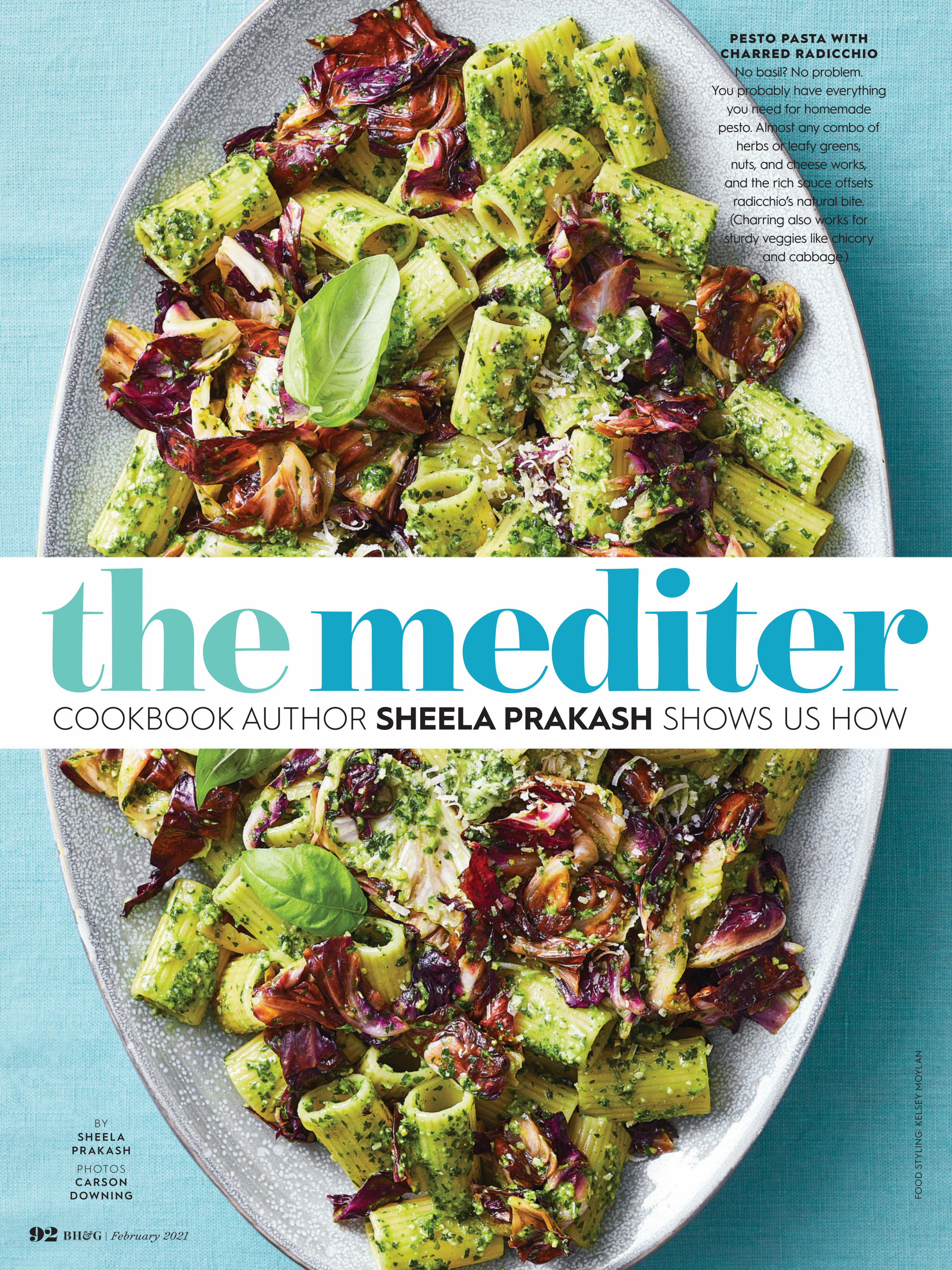


INFUSED OILS

To make Ona's floral-infused oils for your skin, fill clean, dry bottles with (*above,* from left) linden flowers, rose petals, or calendula petals. Top off with sweet almond oil and let steep for 4 months at room temperature away from direct sunlight, shaking the bottles daily. Strain and use oil as a body moisturizer or mix into an unscented lotion; use within 6 to 12 months. ■

the mediter

COOKBOOK AUTHOR **SHEELA PRAKASH** SHOWS US HOW



PESTO PASTA WITH CHARRED RADICCHIO

No basil? No problem. You probably have everything you need for homemade pesto. Almost any combo of herbs or leafy greens, nuts, and cheese works, and the rich sauce offsets radicchio's natural bite. (Charring also works for sturdy veggies like chicory and cabbage.)

BY
SHEELA PRAKASH

PHOTOS
CARSON DOWNING

FOOD STYLING: KELSEY MOYLAN

ranean way

VIBRANT & FLEXIBLE THIS COLORFUL CUISINE CAN BE.



BROILED SWORDFISH WITH FENNEL-CAPER SLAW

The classic cabbage in mayo dressing is only one interpretation of slaw. Here, shaved fennel, capers, lemon juice, and mint come together in a zippy—albeit unconventional—version that's a crunchy complement to broiled swordfish steaks.

While it emphasizes fresh produce, beans, whole grains, fish and seafood, and healthy fats, the Mediterranean diet isn't a diet at all. Instead, it's a style of eating and cooking that celebrates simple, feel-good ingredients. These recipes (and each of the recipes in my book, *Mediterranean Every Day*) are easy to pull off any night of the week—all you need are a few fresh ingredients, a stocked pantry, and a casual approach to getting dinner on the table.





CACIO E PEPE FARINATA

Throughout northwestern Italy, street vendors make and sell this super-simple pancake based on chickpea flour (with the nutty flavor to prove it). My snack takes its inspiration from peppery *cacio e pepe* (aka cheese and pepper pasta), complete with a dusting of Parmesan.

SHAWARMA-SPICED HALLOUMI AND VEGETABLES

Halloumi, a semihard goat and/or sheep milk cheese, is distinct from other cheeses because it doesn't completely melt. Roast it with warming spices and vegetables—almost anything goes—and the cheesy squares soften but hold their shape, which means you're left with creamy chunks to spear your fork into.

FOOD STYLING: CHARLIE WORTHINGTON

FLANK STEAK TAGLIATA WITH ARUGULA & PARMESAN

Serving a small portion of lean steak over a bed of arugula is an affordable, healthful way to eat red meat. The peppery salad stretches a pound or two of flank steak to feed more mouths while lending freshness (and added nutrients).

Arugula loves lemon. Dress the greens with a drizzle of olive oil, a squeeze of lemon, and a pinch of salt.

RECIPES
BEGIN ON
PAGE 98.

SPICY BROCCOLI RABE & CHICKPEA SKILLET

Humble beans and greens take on new life with the addition of blistered, crispy chickpeas. Broccoli rabe is inherently bitter, but splashes of acidic wine and lemon juice tame its bite. If you can't find rabe, sub in Swiss chard or kale.

If you can pick only one hard cheese, choose Parmesan.

FOOD STYLING: CHARLIE WORTHINGTON

HAPPY HEALTHY HOME

EAT FOR YOUR HEART

"The Mediterranean-style diet is a favorite of cardiologists because research has found the foods positively impact heart disease risk factors: blood pressure, BMI, cholesterol, and blood sugar," says Stacey Rosen, M.D., cardiologist and senior vice president at the Katz Institute for Women's Health, Northwell. That's largely because the diet focuses on whole foods that are high in fiber, antioxidants, and heart-healthy nutrients. It's also one of the most doable ways of eating long-term.

stock up

A well-stocked pantry is a true lifeline in the kitchen. Keep Mediterranean-friendly ingredients on hand, and you'll always be able to throw together a healthy, unfussy meal. Here are my go-tos.

CANNED TOMATOES
Whole canned tomatoes can easily be used as is or diced or crushed.

CAPERS
Trust me, it's worth seeking out salt-packed capers. They have a more refined flavor than those packed in vinegar brine, which end up tasting more like vinegar than anything. Rinse salt-packed capers in a fine-mesh strainer before using.

FRESH HERBS
You don't have to keep a huge variety on hand, but I like to have at least a bunch of parsley in the fridge to use as a garnish and to add fresh flavor to dishes. Store the bunch with its stems in a glass of water and the leaves loosely covered with a plastic bag, and it will keep well for a week or two.

GARLIC
I buy heads of garlic two at a time: one for chopping, slicing, and mincing; one for roasting. (To roast: Cut off the top to expose the cloves, drizzle with olive oil, sprinkle with salt, loosely wrap in foil, and bake 1 hour at 400°F. Refrigerate for up to 1 week.)

HARD CHEESES
Specifically a hunk of Parmigiano-Reggiano (aka Parmesan) and a chunk of Pecorino Romano to grate over just about everything. The latter is saltier and a bit funkier, which adds flair. Oh, and definitely save the rinds to add a flavor boost to sauces and soups.

LEMONS
Lemons last for weeks in the refrigerator, and a squeeze of citrus juice brightens almost anything.

OLIVE OIL & VINEGARS
I keep two bottles of extra virgin olive oil in my pantry: one to cook with and a fancier bottle to use for finishing dishes or dunking bread. Balsamic, red wine, and sherry vinegars are my favorite. Balsamic is more sweet than savory, red wine is ideal for vinaigrettes, and sherry lands somewhere between with a bit of body and a complex, almost nutty flavor.

PASTA & DRIED GRAINS
I recommend keeping one long shape, such as a spaghetti, and one short shape like penne for easy dinners. Farro is one of my favorite grains—I love the chewy texture—but quinoa, brown rice, and barley are all good options. ■





RECIPES FROM PAGES 92–97

THE MEDITERRANEAN WAY

Recipes by Sheela Prakash, author of *Mediterranean Every Day*.

PESTO PASTA WITH CHARRED RADICCHIO

START TO FINISH 25 min.

- **12 oz. rigatoni or other tubular pasta**
- **1 medium or 2 small heads radicchio, cored, quartered, and cut crosswise into 1-inch-wide strips**
- **Any Herb Pesto *(above right)* or ¾ cup quality store-bought pesto**
- **Freshly grated Parmesan cheese**

1. Place a rack in top third of oven and preheat broiler. Bring a large pot of *salted water* to a boil. Add pasta and cook according to package instructions until al dente.
2. Place radicchio on a rimmed sheet pan. Drizzle with 1 Tbsp. *extra virgin olive oil,* season with *kosher salt* and *freshly ground black pepper,* and toss. Spread into a single layer and broil until radicchio just begins to wilt and edges are lightly charred, 2 to 3 minutes.
3. Reserve ¼ cup of the pasta water, then drain pasta. Return pasta to pot. Add pesto and toss to combine. If needed, add reserved pasta water, a spoonful at a time, to loosen sauce so pasta is evenly coated. (You may not use all the pasta water.) Add radicchio, toss again, and serve garnished with grated Parmesan. Serves 4.
ANY HERB PESTO Place 2 crushed *garlic cloves* and ¼ cup *toasted nuts* or *seeds* (such as pine nuts, walnuts, hazelnuts, almonds, pepitas, and/or sesame seeds) into bowl of a food processor and pulse a few times until roughly chopped. Add 2 cups packed *tender herb leaves* or *greens* and 1 *ice cube*—to shock the herbs and prevent browning—and pulse until roughly chopped. Add ⅓ cup *olive oil,* ¼ cup packed *finely grated hard cheese* (such as Parmesan, Pecorino, and/or Asiago), ½ tsp. *fresh lemon juice,* and a big pinch *kosher salt.* Process until the mixture comes together. Taste and season. Use immediately or refrigerate for up to 1 week.
EACH SERVING *629 cal, 32 g fat (5 g sat fat), 9 mg chol, 274 mg sodium, 71 g carb, 4 g fiber, 3 g sugars, 17 g pro*

BROILED SWORDFISH WITH FENNEL-CAPER SLAW

START TO FINISH 30 min.

- **Juice of 1 lemon**
- **2 tsp. capers, rinsed, drained, and chopped if large**
- **1 tsp. Dijon mustard**
- **1 medium fennel bulb, trimmed, quartered, and very thinly sliced (reserve chopped fronds)**
- **1 Tbsp. chopped fresh mint**
- **4 6-oz. swordfish steaks (about 1 inch thick)**

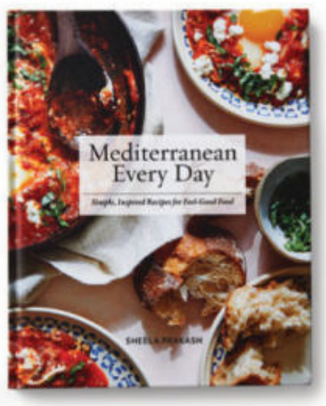
1. For slaw: In a large bowl whisk together 3 Tbsp. *extra virgin olive oil,* the lemon juice, capers, Dijon, ¼ tsp. *kosher salt,* and a few grinds of *black pepper.* Add fennel, reserved fronds, and mint; toss to coat and let marinate at room temp as you prepare swordfish.
2. Meanwhile, place a rack in top third of oven and preheat broiler. Line a rimmed sheet pan with aluminum foil.
3. Drizzle 1 Tbsp. olive oil over swordfish and rub to coat sides. Season all over with salt and pepper. Place swordfish in prepared pan. Broil 5 minutes, flip fish, and continue to broil until fish is opaque and cooked through (140°F), 3 to 5 minutes more. Toss slaw and pile on swordfish. Serves 4.
EACH SERVING *380 cal, 25 g fat (5 g sat fat), 108 mg chol, 289 mg sodium, 5 g carb, 2 g fiber, 3 g sugars, 34 g pro*

CACIO E PEPE FARINATA

HANDS-ON TIME 10 min.
TOTAL TIME 50 min.

- **1 cup chickpea flour**
- **3 Tbsp. olive oil**
- **Finely shredded Pecorino Romano cheese**

1. In a medium bowl whisk together chickpea flour, 1 cup *water,* 1 Tbsp. of the olive oil, and ½ tsp. *kosher salt* until smooth. Cover and let rest at room temperature 30 minutes to 2 hours. (Or refrigerate up to 12 hours. To take the chill off, leave on the counter while oven preheats.)
2. Place a rack in top third of oven and preheat broiler. Place a 10-inch cast-iron skillet in oven and let it sit under broiler 5 minutes. While skillet heats, skim off and discard foam on surface of batter.
3. Carefully remove hot skillet from oven. Add remaining 2 Tbsp. olive oil to skillet and carefully swirl to coat the bottom. Pour batter into skillet and return it to oven. Broil until edges are set, center is firm, and top is lightly browned in spots, 6 to 10 minutes.
4. Remove from oven. Shower with Pecorino Romano, then top with several grinds of *black pepper.* Let cool 5 minutes, then carefully slide a flat spatula under the farinata and transfer to a cutting board. Slice into wedges and serve warm. Serves 4.
EACH SERVING *207 cal, 14 g fat (3 g sat fat), 6 mg chol, 276 mg sodium, 14 g carb, 3 g fiber, 3 g sugars, 7 g pro*



MEDITERRANEAN EVERY DAY
$27;
quartoknows.com

RECIPES FROM *MEDITERRANEAN EVERY DAY* BY SHEELA PRAKASH, PUBLISHED BY HARVARD COMMON PRESS, 2020; PHOTOS: (COVER) JACOB FOX, (PASTA) CARSON DOWNING

SHAWARMA-SPICED HALLOUMI AND VEGETABLES

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr. 5 min.

- **1 8.8-oz. pkg. Halloumi cheese, cut into 1-inch cubes**
- **2 sweet potatoes, peeled if desired, and cut into 1-inch chunks**
- **2 cups cherry or grape tomatoes**
- **1 small red onion, cut into 1-inch chunks**
- **4 garlic cloves, smashed**
- **1½ tsp. ground cumin**
- **1 tsp. paprika**
- **½ tsp. ground turmeric**
- **¼ tsp. ground cinnamon**
- **¼ cup chopped fresh cilantro**

1. Place a rack in middle of oven and preheat to 425°F. Line a rimmed sheet pan with parchment paper.
2. In a large bowl combine Halloumi, sweet potatoes, tomatoes, onion, garlic, cumin, paprika, turmeric, cinnamon, ½ tsp. *kosher salt,* and several grinds of *black pepper.* Toss well to coat. Drizzle with 2 Tbsp. *extra virgin olive oil* and toss to coat. Spread evenly in pan.
3. Roast, gently stirring halfway through, until Halloumi has softened and vegetables are tender and caramelized, 35 to 40 minutes.
4. Sprinkle cilantro over top; toss to combine. Serves 4.
EACH SERVING *390 cal, 25 g fat (12 g sat fat), 44 mg chol, 892 mg sodium, 30 g carb, 5 g fiber, 8 g sugars, 16 g pro*

FLANK STEAK TAGLIATA WITH ARUGULA & PARMESAN

HANDS-ON TIME 10 min.
TOTAL TIME 2 hr., includes marinating

- **1 lemon, halved**
- **4 garlic cloves, grated or minced**
- **1 Tbsp. chopped fresh rosemary**
- **1 1½- to 2-lb. flank steak**
- **5 oz. arugula (about 5 cups)**
- **Freshly shaved Parmesan cheese, for serving**

1. Juice one lemon half into a shallow dish or zip-top bag large enough to hold steak. Add 2 Tbsp. *extra virgin olive oil,* the garlic, rosemary, 1 tsp. *kosher salt,* and several grinds of *black pepper;* mix well to combine.
2. Add flank steak and coat well, using your hands to rub marinade into meat. Cover or seal; refrigerate 1 to 24 hours.
3. Place a rack in top third of oven. Place a large cast-iron skillet or a roasting pan on rack and preheat oven to 450°F. Let skillet heat for 30 minutes. Meanwhile, take steak out of refrigerator to rest.
4. Place steak in skillet, and return skillet to oven. Cook 5 minutes, flip steak, then continue to cook until nicely browned and firm, 2 to 4 minutes more. An instant-read thermometer should read 120°F to 125°F for medium-rare (130°F to 135°F for medium). Transfer steak to a cutting board; let rest 10 minutes.
5. Meanwhile, in a large bowl, combine 1 Tbsp. olive oil, the juice from the remaining lemon half, and a pinch kosher salt. Add arugula; toss to coat. Spread arugula on a platter.
6. Thinly slice steak against grain and arrange on arugula. Top with shaved Parmesan as well as a few grinds of black pepper. Serves 4.
EACH SERVING *306 cal, 16 g fat (7 g sat fat), 79 mg chol, 220 mg sodium, 1 g carb, 1 g sugars, 38 g pro*

SPICY BROCCOLI RABE & CHICKPEA SKILLET

START TO FINISH 30 minutes

- **2 15-oz. cans chickpeas, drained, rinsed, and patted dry**
- **2 large bunches broccoli rabe (about 2 lb.), rinsed, stemmed, and cut into 2-inch pieces**
- **¼ cup dry white wine or water**
- **3 garlic cloves, minced**
- **½ of a lemon, zested and juiced**
- **½ tsp. crushed red pepper**

1. In an extra-large skillet heat 2 Tbsp. *extra virgin olive oil* over medium-high. Add the chickpeas in a single layer and season with ¼ tsp. *kosher salt.* Cook until the chickpeas are lightly browned in spots, about 1 minute. Stir, then continue to cook, stirring occasionally, until crispy and lightly browned all over, 4 to 5 minutes more. Transfer to a bowl or a large plate.
2. Add broccoli rabe to skillet and sauté until it starts to wilt. Reduce heat to medium-low; add wine and cover. Cook, stirring every so often, until broccoli rabe is tender, about 5 minutes.
3. Add garlic, lemon zest, crushed red pepper, and ½ tsp. kosher salt. Sauté until fragrant, about 1 minute. Remove from heat and stir in chickpeas and lemon juice. Season with additional salt and, if desired, garnish with *Pecorino Romano* or *Parmesan cheese.* Serves 4.
EACH SERVING *314 cal, 10 g fat (1 g sat fat), 432 mg sodium, 36 g carb, 13 g fiber, 6 g sugars, 16 g pro*

RECIPES FROM PAGES 10–12

SWEETS FOR YOUR SWEET

Recipes by Yossy Arefi, author of *Snacking Cakes.*

GRAPEFRUIT & WHITE CHOCOLATE COOKIES

HANDS-ON TIME 30 min.
TOTAL TIME 2 hr. 20 min., includes chilling

- **¾ cup unsalted butter, softened**
- **¾ cup confectioners' sugar**
- **2 Tbsp. finely grated grapefruit zest**
- **1 large egg yolk**
- **1 Tbsp. fresh grapefruit juice**
- **1¼ cups all-purpose flour**
- **¼ cup cornstarch**
- **½ tsp. fine sea salt**
- **4 to 6 oz. white chocolate, chopped**
- **Decorating sugar or sea salt flakes (optional)**

1. Combine butter, confectioners' sugar, and grapefruit zest in a large bowl. Beat on medium until smooth and creamy, 2 minutes. Add egg yolk and grapefruit juice; beat until just combined.
2. Sift flour, cornstarch, and salt into butter mixture. Mix on low until almost combined. Use a rubber spatula to stir until combined. Wrap dough in plastic wrap and chill until firm, about 1 hour.
3. Preheat oven to 350°F. Line two cookie sheets with parchment paper. Dust work surface with flour. Working

1 BOWL & YOU'RE GOOD TILL LUNCH

With 2% milk, at least half of adults had a lower desire to eat than before breakfast for 3 1/2 hours.



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with half of the dough at a time, roll to approximately ¼ inch thick; cut out using desired 2-inch cookie cutter(s). Reroll scraps. Place on prepared sheets.

4. Bake cookies until edges are golden, 9 to 10 minutes. Let cool completely on baking sheets.

5. Place chocolate in a small glass bowl and melt in microwave in 20-second bursts. Dip cookies in melted chocolate or drizzle over cookies. If desired, sprinkle with decorating sugar or sea salt flakes. Let cookies stand until chocolate is firm, about 30 minutes. Makes 32 cookies.

TO STORE Layer cookies in an airtight container. Store at room temperature up to 24 hours or chilled up to 3 days; freeze plain cookies up to 1 month.

PER COOKIE *92 cal, 6 g fat (3 g sat fat), 18 mg chol, 39 mg sodium, 10 g carb, 5 g sugars, 1 g pro*

MINI CHOCOLATE PEANUT BUTTER PIES

For hearts, spoon melted chocolate into a resealable bag and snip off a corner. Pipe hearts onto waxed paper; let set. Place on pies just before serving.

HANDS-ON TIME 15 min.

TOTAL TIME 1 hr. 30 min., includes chilling

- **1 cup chocolate cookie crumbs**
- **¼ cup unsalted butter, melted**
- **2 Tbsp. granulated sugar**
- **1 cup heavy cream**
- **⅓ cup smooth peanut butter**
- **2 oz. cream cheese, softened**
- **¼ cup confectioners' sugar**
- **¾ tsp. vanilla extract**
- **1 Tbsp. unsweetened cocoa powder, preferably Dutch process**

1. Adjust rack to center of oven and preheat to 350°F. Combine cookie crumbs, melted butter, 1 Tbsp. of the granulated sugar, and a pinch *salt* in a small bowl. Stir until well combined. Scoop a heaping tablespoon of the mixture into twelve 1¾-inch muffin cups. Use your fingers to firmly press into bottom and up sides of each cup. Bake 7 minutes until crusts puff slightly and smell chocolatey. Use a tablespoon measure to press centers down. Bake 2 minutes more. Let cool completely in muffin cups. Use a sharp knife to loosen crusts and remove.

2. For peanut butter filling: Whip ½ cup of the cream in a medium bowl to soft peaks. In another medium bowl beat peanut butter, cream cheese, confectioners' sugar, and ½ tsp. of the vanilla until smooth and fluffy, about 2 minutes. Add the whipped cream and beat on medium until just combined. Transfer filling to a piping bag with a tip and generously fill each crust (you may have a little extra); chill 30 minutes.

3. For the chocolate whipped cream: Combine remaining ½ cup cream, 1 Tbsp. granulated sugar, ¼ tsp. vanilla, and the cocoa powder in a medium bowl. Whip to soft peaks and top each pie with a spoonful of cream. (Alternately, use a pastry bag fitted with desired tip to pipe cream on top of each pie.) Makes 12 mini pies.

TO STORE Refrigerate pies in an airtight container up to 2 days.

PER PIE *238 cal, 18 g fat (9 g sat fat), 38 mg chol, 138 mg sodium, 16 g carb, 1 g fiber, 10 g sugars, 3 g pro*

SOUR CREAM DONUT HOLES WITH RASPBERRY SUGAR & GLAZE

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr.

BAKE WITH US

Hover your smartphone camera over this code for a video of us making Yossy's Mini Chocolate Peanut Butter Pies.

- **1½ cups all-purpose flour**
- **1½ tsp. baking powder**
- **½ cup sour cream**
- **⅓ cup sugar**
- **1 egg**
- **1 egg yolk**
- **2 Tbsp. softened butter**
- **1 tsp. vanilla extract**
- **Raspberry Glaze and/or Raspberry Sugar *(opposite)***
- **Vegetable oil, for frying**

1. Whisk together flour, baking powder, and ¾ tsp. *kosher salt* in a small bowl. Combine sour

cream, sugar, egg, egg yolk, butter, and vanilla in a large bowl; whisk until smooth. Add dry ingredients; fold until just combined. (Don't overmix; the mixture will be sticky.) Chill 15 minutes.
2. Meanwhile, make glaze and/or sugar. Heat 2 inches of oil in a Dutch oven to 365°F. Set a wire rack over a baking sheet.
3. Generously dust work surface with flour and scrape dough onto the work surface. Sprinkle flour over dough and pat into a disk about ¾ inch thick. Use a floured 1½-inch round cutter to cut rounds. Reroll scraps. Tap off excess flour and carefully lower rounds into hot oil. Work in batches to avoid crowding pan.
4. Fry about 1½ to 2 minutes per side, until golden all over and cooked through. Carefully remove holes from oil with a slotted spoon and place on rack.
5. Once they are cool enough to touch but still warm, roll donut holes in glaze and/or sugar until coated. (If glaze thickens, add a little water.) Allow glaze to set. Makes 18 donut holes.

RASPBERRY GLAZE Combine 1 cup *fresh* or *frozen raspberries* and ¼ cup *lemon juice* in a small saucepan. Bring to boiling over medium-high; reduce heat. Cook until they release their juices and juices thicken, about 3 minutes, using a fork to mash berries. Transfer mixture to a heat-safe bowl; add 4 cups *confectioners' sugar* and whisk until smooth.

RASPBERRY SUGAR Combine ¾ cup *confectioners' sugar* and 3 Tbsp. *freeze-dried raspberries* in a food processor; pulse until berries are powdery. Sift mixture to remove seeds.

PER DONUT HOLE *217 cal, 6 g fat (2 g sat fat), 27 mg chol, 104 mg sodium, 40 g carb, 1 g fiber, 30 g sugars, 2 g pro*

STRAWBERRY-CARDAMOM TURNOVERS

HANDS-ON TIME 20 min.
TOTAL TIME 2 hr. 50 min.

- **1 lb. fresh strawberries or frozen strawberries, thawed**
- **1 cup granulated sugar**
- **1 lemon, juiced**
- **1 tsp. ground cardamom**
- **½ tsp. vanilla extract**
- **1 egg**
- **1 17.3-oz. pkg. frozen puff pastry sheets (2 sheets), thawed**
- **1 cup confectioners' sugar**
- **2 to 4 tsp. fresh lemon juice**

1. For jam: Combine berries, granulated sugar, lemon juice, and cardamom in a large saucepan. Bring to boiling over medium-high, using a fork to mash berries. Reduce heat to medium and cook 20 to 25 minutes or until very thick, stirring frequently. Transfer jam to a heat-safe container. Stir in vanilla. Let cool slightly. Chill until cooled.
2. Preheat oven to 425°F. Line two baking sheets with parchment paper. For egg wash: Whisk together egg and 1 tsp. *water*.
3. Dust a work surface with *flour* and roll one sheet of puff pastry to a 12-inch square. Cut into sixteen 3-inch squares. Brush edges with egg wash and top with a teaspoon of jam. Fold a corner over to make triangle; press edges with a fork to seal. Transfer to baking sheet. Repeat with remaining puff pastry squares.
4. Brush turnovers with remaining egg wash and prick a few times. Bake about 12 minutes or until deep golden brown and puffed. Transfer to a wire rack. Repeat with remaining pastry; you will have extra jam.
5. Meanwhile for glaze: Combine confectioners' sugar, 1 Tbsp. of the remaining jam, 2 tsp. lemon juice, and a pinch *salt* in a small bowl. Whisk until smooth, adding more lemon juice as necessary to make smooth. Drizzle over turnovers. Makes 32 turnovers.

TO STORE Chill turnovers in an airtight container up to 2 days or freeze up to 1 month; thaw before serving. Store extra jam in the refrigerator in an airtight container up to 1 week.

PER TURNOVER *106 cal, 4 g fat (2 g sat fat), 6 mg chol, 59 mg sodium, 17 g carb, 1 g fiber, 11 g sugars, 1 g pro*

10
LAYERS
OF WHEAT
IN EVERY BITE



SILENCE YOUR GROWL



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RECIPES FROM PAGES 64–69

GREAT BOWLS OF FLAVOR

Recipes by Kevin Curry, author of *Fit Men Cook.*

RAMEN NOODLE SALAD

START TO FINISH 45 minutes

- **8 oz. whole wheat or chickpea spaghetti noodles or millet-brown rice ramen (such as Lotus Foods brand)**
- **1½ lb. skinless, boneless chicken breast, cut into 1-inch chunks**
- **1 Tbsp. low-sodium soy sauce**
- **Crushed red pepper, to taste**
- **2 cups finely shredded red cabbage**
- **1 large carrot, peeled into strips or julienned**
- **1 red bell pepper, thinly sliced**
- **3 radishes, thinly sliced**
- **3 green onions, chopped**
- **Ginger-Soy Vinaigrette *(below)* or Peanut Sauce *(above right)***

1. Cook noodles according to package directions; drain and set aside. Set a skillet over medium-high and coat with *olive oil cooking spray.* Add chicken, soy sauce, and crushed red pepper. Cook 6 to 8 minutes; let cool.

2. If noodles are sticky, rinse with cold water; drain. In a large bowl combine noodles, cabbage, carrot, bell pepper, radishes, and green onions; gently toss. Add chicken and half of the Ginger-Soy Vinaigrette or Peanut Sauce; toss. Serve with remaining vinaigrette or sauce. Garnish with *cilantro, sesame seeds,* and sliced green onions. Serves 5.

GINGER-SOY VINAIGRETTE In a screw-top jar shake together 5 Tbsp. *low-sodium soy sauce,* ¼ cup *olive oil,* 3 Tbsp. *rice vinegar,* 2 Tbsp. *sriracha* or *chili-garlic sauce,* the juice of 1 *lime,* 1½ Tbsp. *grated ginger,* 1 Tbsp. *minced garlic,* 1 Tbsp. *honey,* 1 Tbsp. *sesame oil,* and 1 Tbsp. *sesame seeds.* Refrigerate up to 2 weeks. Makes 1¼ cups.

EACH SERVING *474 cal, 20 g fat (4 g sat fat), 69 mg chol, 629 mg sodium, 42 g carb, 5 g fiber, 6 g sugars, 31 g pro*

PEANUT SAUCE In a screw-top jar combine ½ cup *water,* 5 Tbsp. *powdered peanut butter,* 5 Tbsp. *low-sodium soy sauce,* 2 Tbsp. *sriracha,* 1 Tbsp. *grated ginger,* and 1 Tbsp. *rice vinegar.* Shake well. Makes 1 cup.

TAHINI, GRAIN & VEGGIE BOWL

HANDS-ON TIME 20 min.
TOTAL TIME 1 hr. 15 min.

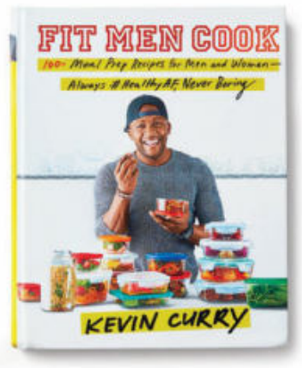
- **1 medium eggplant, cut into 1-inch pieces (3½ cups)**
- **1 large zucchini, cut into 1-inch half-moons (3 cups)**
- **1 large yellow summer squash, sliced or chopped**
- **1 large red bell pepper, chopped**
- **1 large red onion, sliced**
- **1 Tbsp. dried oregano**
- **½ cup tahini**
- **¼ cup finely chopped fresh mint**
- **1 lemon, juiced**
- **1 Tbsp. fresh garlic, minced**
- **2 tsp. ground cumin**
- **3 cups cooked farro or other grain**
- **1 15-oz. can chickpeas, rinsed and drained**

1. Preheat oven to 425°F. In a large bowl toss eggplant, zucchini, squash, bell pepper, and onion with 2 Tbsp. *olive oil,* the oregano, and a pinch *sea salt* and *black pepper.*

Spread in a rimmed baking sheet lined with parchment paper. Roast 25 to 30 minutes or until veggies are crisp-tender. Let cool.

2. For tahini sauce: Mix tahini, mint, lemon juice, garlic, cumin, and ½ cup *water.* (If you want it to be thinner, add an additional tablespoon of water.) Season to taste with salt and pepper.

3. In a large bowl mix roasted veggies with farro and chickpeas. Drizzle each serving with tahini sauce,



MORE FROM KEVIN

Visit *fitmencook.com* for Kevin's recipes, meal plans, a new healthy eating app, and line of spice blends.

RAMEN RECIPE COURTESY OF *FITMENCOOK.COM;* PHOTO: (COVER) JACOB FOX

garnish with *parsley* or *mint,* and serve with *lemon wedges.* Serves 5.
EACH SERVING *460 cal, 21 g fat (3 g sat fat), 505 mg sodium, 62 g carb, 13 g fiber, 11 g sugars, 14 g pro*

CARNE ASADA BURRITO BOWL

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr. 25 min., includes marinating

- **1¼ lb. lean flank steak, trimmed, cut into 1-inch pieces or sliced**
- **½ cup finely chopped fresh cilantro**
- **⅓ cup low-sodium soy sauce**
- **¼ cup Worcestershire sauce**
- **Juice from 1 small orange or 1 lime**
- **3 Tbsp. minced garlic**
- **1 Tbsp. ground cumin**
- **1 white onion, chopped**
- **1 red bell pepper, chopped**
- **1 green bell pepper, chopped**
- **3 cups cooked brown or white rice***
- **½ of a 15-oz. can black beans, rinsed and drained (¾ cup)**
- **½ cup enchilada sauce**

1. Place steak in a resealable plastic bag or a large bowl. In a small bowl mix together cilantro, soy sauce, Worchestershire sauce, orange juice, 1 Tbsp. garlic, 1 Tbsp. *olive oil,* the cumin, and a pinch *black pepper.* Pour over steak, seal bag, and refrigerate 1 hour. (For most flavorful results, marinate 5 hours or overnight.)
2. Heat an extra-large skillet over medium-high. Add 1 Tbsp. olive oil, the remaining 2 Tbsp. garlic, the onion, and bell peppers. Cook 3 to 5 minutes or until onions turn slightly brown and translucent and edges begin to sear.
3. Add rice, black beans, and enchilada sauce to skillet; cook 2 to 3 minutes. Remove mixture from skillet.
4. Set same skillet over high. Once hot, coat with *olive oil cooking spray;* add steak. Cook about 5 minutes, stirring and cooking to desired doneness.
5. To assemble bowls: Add a portion of rice mixture to a bowl; top with some steak. Add *avocado, grape tomatoes,* and *chopped cilantro;* serve with *lime wedges.* Serves 4.

***TIP** For added flavor, cook rice in half chicken broth and half water.
EACH SERVING *547 cal, 19 g fat (6 g sat fat), 62 mg chol, 626 mg sodium, 57 g carb, 7 g fiber, 5 g sugars, 37 g pro*

RECIPES FROM PAGES 72–75

NO-REGRETS PIZZA

Recipes by Gaby Dalkin, author of *Eat What You Want.*

HOMEMADE PIZZA DOUGH

If you can't find superfine 00 flour, it's OK to use entirely all-purpose flour.
HANDS-ON TIME 10 min.
TOTAL TIME 3 hr. 30 min., includes rising

- **1 cup plus 1 Tbsp. superfine 00 flour**
- **1 cup plus 5 tsp. all-purpose flour**
- **¾ tsp. active dry yeast**

1. In a large bowl, combine flours and 1 tsp. *fine sea salt.* In a small bowl, stir together about 1 cup lukewarm *water,* 1 tsp. *extra virgin olive oil,* and the yeast. Pour into flour mixture. Knead with hands until just combined, 2 to 3 minutes, then let rest 15 minutes.
2. Knead dough about 3 minutes or until smooth. Cut dough into two equal pieces and shape each into a ball. Place on a heavily floured surface, cover with a dampened kitchen towel, and let rest and rise 3 to 4 hours at room temp. (To make dough ahead, you can refrigerate it 8 to 24 hours.) Makes 1 lb. dough.

VEGGIE BANH MI PIZZA

HANDS-ON TIME 15 min.
TOTAL TIME 1 hr. 10 min.

- **1 cup red wine vinegar**
- **1 bunch carrots, julienne-cut**
- **½ of a red onion, shaved thin**
- **Homemade Pizza Dough *(above)***
- **1 tsp. rice vinegar**
- **1 tsp. honey**
- **1 tsp. sesame oil**
- **1 tsp. soy sauce**
- **1 tsp. hoisin sauce**
- **2 Persian cucumbers, thinly sliced**

PIZZA DOUGH AND PIZZA RECIPES COURTESY OF *WHATSGABYCOOKING.COM*

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1 cup fresh cilantro leaves
2 red Fresno chiles, thinly sliced

1. To make the pickled carrots and onion: In a large bowl, combine red wine vinegar, 1 cup *water,* 3 Tbsp. *sugar,* and 2 tsp. *sea salt* and stir to dissolve sugar. Add carrots and onion and toss. Set aside at least 30 minutes.
2. Preheat oven to 500°F and place a pizza stone in the oven to heat up.
3. Stretch each piece of dough using your hands, then lay each piece on a flat surface dusted with *flour* and roll out with a rolling pin. Sprinkle a pizza peel or rimless baking sheet with flour and place one dough on pizza peel.
4. Spread 1 Tbsp. *olive oil* over dough, leaving an edge. Slide dough off the peel onto the hot stone and bake 12 to 14 minutes or until the crust is golden. Repeat with second dough.
5. To make the sauce: In a small bowl whisk together rice vinegar, honey, sesame oil, soy sauce, and hoisin sauce until smooth.
6. Slather baked crusts with sauce. Top with pickled veggies, the cucumbers, cilantro, and Fresno chiles. Serves 4.
EACH SERVING *389 cal, 10 g fat (1 g sat fat), 869 mg sodium, 68 g carb, 6 g fiber, 11 g sugars, 9 g pro*

ROASTED GARLIC-GOAT CHEESE PIZZA

HANDS-ON TIME 10 min.
TOTAL TIME 1 hr.

1 bulb garlic
1 lemon, zested
½ tsp. red pepper flakes
Homemade Pizza Dough *(page 103)*
⅓ cup Basil Vinaigrette *(above right)*
2 cups shredded mozzarella cheese
4 oz. garlic-and-herb goat cheese, crumbled
Fresh basil leaves

1. To make roasted garlic sauce: Preheat oven to 450°F. Trim top of garlic bulb to expose cloves. Place bulb on a piece of foil; drizzle with 1 Tbsp. *olive oil.* Wrap foil around garlic and roast 40 minutes or until soft. Carefully pop garlic cloves into a bowl. Add 3 to 4 Tbsp. olive oil, lemon zest, and red pepper flakes. Mash with a fork.
2. Increase oven to 500°F and place a pizza stone in the oven to heat up.
3. Stretch each piece of dough using your hands, then lay each piece on a flat surface dusted with *flour* and roll out with a rolling pin. Sprinkle a pizza peel or rimless baking sheet with flour and place one dough on pizza peel.
4. Spread roasted garlic sauce and Basil Vinaigrette over dough, leaving an edge. Top with cheeses.
5. Slide pizza off peel onto hot stone and bake 12 to 14 minutes or until dough is golden brown and cheese is melted. Repeat with second dough. Sprinkle both with basil, *kosher salt,* and additional red pepper flakes. Serves 4.
BASIL VINAIGRETTE In a high-power blender, combine 2 cups packed *fresh basil leaves*, ½ cup *olive oil,* 1 roughly chopped *shallot*, 2 Tbsp. *red wine vinegar,* 1 clove *garlic*, 1 tsp. *kosher salt,* and ½ tsp. *red pepper flakes.* Blend 1 minute or until very smooth. Taste and season. Makes 1 cup.
EACH SERVING *539 cal, 25 g fat (10 g sat fat), 53 mg chol, 1,113 mg sodium, 56 g carb, 2 g fiber, 2 g sugars, 22 g pro* ■

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57 PERCENT

That's how much less likely you are to develop heart disease if you eat chocolate 5+ times a week.

Dark chocolate is the experts' go-to because it's high in antioxidants that can help prevent damage to blood vessels. Look for chocolate that's at least 70 percent cacao and limit it to 1 ounce.



Only 44% of women know **HEART DISEASE IS WOMEN'S NO. 1 HEALTH RISK.**

At your next checkup, discuss your heart health stats (blood pressure, cholesterol, blood sugar), your family medical history, and other lifestyle aspects like exercise and sleep that may impact your risk. Go to *womenheart.org* and *goredforwomen.org* for more guidelines.

2 to 3 ounces

Eating that amount of walnuts daily can boost your gut health.

People who swapped out saturated fats for walnuts or walnut oil, which have good unsaturated fats, had higher amounts of healthy gut bacteria. Snack on a handful or stir them into yogurt, a salad, or oatmeal.

FEBRUARY 17

National Random Acts of Kindness Day

Performing kind acts—sending an uplifting text to a friend, complimenting a coworker—causes your body to release oxytocin, a feel-good chemical that relaxes blood vessels. What's more, research shows that people who do altruistic things like volunteer have lower blood pressure and less anxiety, pain, and stress. For more ideas on what to do, check out *randomactsofkindness.org*.

Roughly 15 million people **have lost health insurance since the pandemic started.**

If you're without health insurance because of a job loss, ask your former employer about enrolling in its COBRA plan. You can also shop for a plan on the Health Insurance Marketplace *(healthcare.gov)*. More options include signing up for a private health plan (look on *ehealthinsurance.com*) or joining a primary care clinic, where you pay a flat monthly fee for access to a primary care physician *(dpcare.org)*.

BY: SHARON LIAO; PHOTOS: (HEART IN HANDS) SVETLANA-CHERRUTY/ISTOCK BY GETTY IMAGES, (CHOCOLATE) MILANFOTO/GETTY IMAGES

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CHECK YOUR GUT HEALTH IQ

What are probiotics? Aren't bacteria bad? Doesn't yogurt have the probiotics you need?
We partnered with **Align Probiotics** to bust the myths and reveal the truth about probiotics.

CHECK THE FACTS YOU KNOW



MYTH: YOU SHOULD NOTICE RESULTS FROM A PROBIOTIC IN A FEW DAYS.

FACT: Your body needs time to adjust. However, not all probiotics are the same quality, and some just don't work. After a month of daily use, you should recognize the healthy gut benefits of the unique strain in Align 24/7 Digestive Support.*§



MYTH: YOU ONLY NEED PROBIOTICS WHEN YOU'RE TAKING ANTIBIOTICS.

FACT: Probiotics can benefit you year-round. Some strains are designed to survive antibiotic use, like the strain in Align Resistance Formula. Others, like Align 24/7 Digestive Support,*§ are made for daily use and have been shown to help soothe occasional gas, bloating and abdominal discomfort.*



MYTH: YOU CAN GET ALL THE PROBIOTICS YOU NEED FROM YOUR FOOD.

FACT: It may be possible, but you'd have to eat a lot of kimchi and sauerkraut EVERY DAY to expect specific probiotic benefits. Align 24/7 Digestive Support*§ is a convenient way to add more good bacteria to support your gut health* with a unique probiotic strain in one easy-to-take daily capsule.



MYTH: JUST HAVE YOGURT! IT'S PACKED WITH PROBIOTICS.

FACT: Many yogurts don't have probiotics or data supporting their benefits. If you are ready to step up your game, try Align 24/7 Digestive Support*§ with a unique strain that adds the right amount of bacteria shown to provide digestive health benefits.*



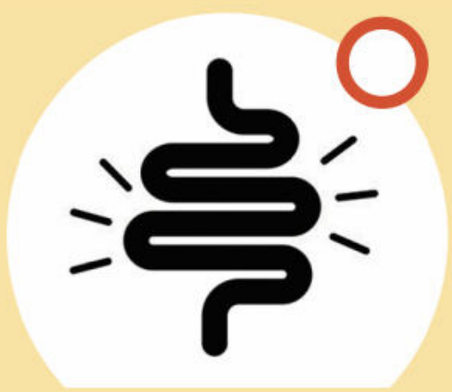
MYTH: GOOD PROBIOTICS NEED TO BE STORED IN THE REFRIGERATOR.

FACT: Align's unique strain is freeze-dried to keep the probiotic dormant until it reaches your gut for guaranteed potency, no refrigeration required.



MYTH: ALL PROBIOTICS ARE THE SAME.

FACT: Not all probiotics deliver gut health benefits. Backed by 20 years of research, Align has been the #1 doctor recommended probiotic for 8 years straight for a reason‡



MYTH: BACTERIA IS BAD, AND YOU DON'T WANT IT IN YOUR BODY!

FACT: Your gut microbiome has billions of beneficial bacteria. Align Probiotics add more healthy bacteria to your system, promoting gut health and providing health benefits.*



MYTH: TAKING PROBIOTICS IS COMPLICATED.

FACT: Align was developed with the right amount of good bacteria in a smart package that keeps it alive and helps you easily track one capsule daily, each day of the week.

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dialing down INFLAMMATION

It's a buzzword linked to a wide range of ailments—heart disease, digestive issues, even wrinkles. But what *is* inflammation, and what can you do about it? Experts explain the dos, don'ts, whats, and whys.



RELAXING WITH A CUP OF TEA COMBINES TWO MOVES THAT CALM INFLAMMATION.

Call it a complicated relationship. On the one hand, inflammation is good; in many instances, it serves as protection. "Inflammation is one of the body's ways of healing itself," says David Rakel, M.D., professor and chair of the department of family and community medicine at The University of New Mexico. When you accidentally slice your thumb while chopping veggies, for instance, your body kicks off an inflammatory process that directs white blood cells to the injury to fight bacteria and start tissue repair.

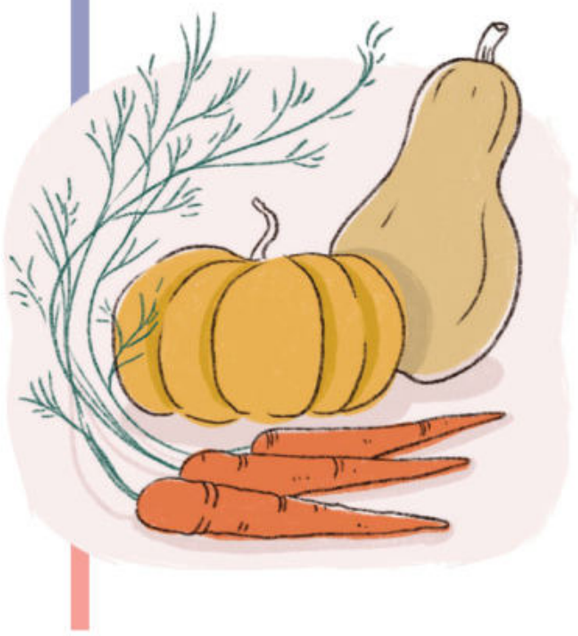
On the other hand, when we're chronically stressed, don't sleep well, and eat processed foods high in fat and sugar, our bodies also have an inflammatory response. But unlike a cut, these lifestyle factors can occur day after day, month after month, year after year, stoking the process for far longer than nature intended.

"When your body has an inflammatory response, it produces proteins researchers call the grenades of the immune system," Rakel says. A targeted grenade is helpful for fighting a tooth infection, but when those proteins continuously flow throughout the body, they "begin to destroy healthy cells in arteries, organs, joints, and other parts of the body and can trigger various ailments," Rakel says.

The good news is that certain foods and lifestyle habits can calm or prevent inflammation.

EAT & DRINK THESE

You really are what you eat. Research shows these foods can help quell your body's inflammatory response.



dark yellow & orange veggies

A recent *Journal of Nutrition* study pinpointed golden-color vegetables—carrots, sweet potatoes, and squashes like butternut and acorn—as key in an anti-inflammatory diet. They're loaded with carotenoids, antioxidant plant pigments that help protect healthy cells.

coffee and tea

The antioxidants in these popular beverages fight cellular damage that can lead to inflammation. Green tea in particular is loaded with an anti-inflammatory compound (epigallocatechin gallate, or EGCG) known to have cardio- and neuro-protective benefits. A dash of cinnamon ups its antioxidant and anti-inflammatory benefits, says Amy Gorin, M.S., R.D.N., in New York City.

MORE»

BY **LESLIE GOLDMAN** ILLUSTRATIONS **TRINA DALZIEL**

LOVE YOUR HEART

Daily consumption of unsweetened Lipton brewed tea,
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American Heart Association dietary guidelines,
can help support a healthy heart.*



Lipton

*Unsweetened Lipton Black Tea contains about 170mg of flavonoids per serving, no calories, no added sugars and it is 99.5% water.

The American Heart Association's relationship is limited to Unsweetened Lipton Black Tea and Green Tea.



olive oil

Olive oil is rich in oleic acid, a healthy fat that calms inflammation. Some studies have also likened its compound oleocanthal to ibuprofen.

beans & nuts

A mostly plant-based diet with whole foods helps prevent inflammation because it's high in fiber, antioxidants, and, in the case of nuts, healthy fats. Research shows beans and nuts are top sources of anti-inflammatory nutrients. Rakel uses the phrase "Roots, Fins, Two Legs, Four Legs" to remember the order of protein sources from best to worst: *roots* (beans, nuts), *fins* (fish), *two legs* (poultry), and last *four legs* (beef and processed meats).

dark leafy greens

Kale, collard greens, spinach, these nutritional darlings deliver concentrated doses of nutrients known to dampen inflammation, including vitamins A, C, and K. A little fat enhances absorption, so cook them in olive oil or drizzle with salad dressing.

CHEERS TO YOUR HEALTH

Enjoy these drinks while getting a dose of anti-inflammatory foods and spices.

cayenne pepper mocktail

Combine 2 Tbsp. lime juice (from one medium lime), ¼ cup water, 2 tsp. pure maple syrup, 1 **fresh basil leaf,** ⅛ tsp. **cayenne pepper,** and ice in a cocktail shaker. Cover and shake until very cold; strain into an ice-filled glass rimmed with cayenne salt. (For cayenne salt: Combine 2 tsp. coarse kosher salt and a dash of cayenne pepper. Rub a lime wedge around rim; dip into salt mixture.) Serves 1.





turmeric-ginger tea

Combine 1-inch piece of **fresh ginger,** chopped; 1 tsp. **ground turmeric;** and ¼ tsp. fennel seeds in a teapot or heatproof pitcher. Using a muddler or the back of a wooden spoon, crush ginger against side of teapot. Add 4 cups boiling water, 4 lemon slices, and a cinnamon stick. Cover and let steep 5 minutes. Strain mixture into teacups or mugs and, if desired, serve with lemon wedges. Serves 4.

berry-ginger-green tea sipper

Add 4 **green tea bags** and 1½-inch piece **fresh ginger,** thinly sliced, to 4 cups water. Chill, covered, 6 hours or overnight. Remove and discard tea bags and ginger. In a food processor, puree 2 cups **fresh raspberries** until smooth. Press berries through a fine-mesh sieve; discard seeds. Stir raspberry puree, ¼ cup lemon juice, and 2 Tbsp. agave syrup into tea mixture. Serve in ice-filled glasses. Serves 4.



EAT UP

A MEDITERRANEAN-STYLE DIET HELPS REDUCE AND PREVENT INFLAMMATION.

TURN TO PAGE 92 *FOR RECIPES.*

HAPPY HEALTHY HOME

SPICE IT UP Many common spices—pepper, basil, oregano, ginger, cinnamon—have anti-inflammatory properties, but turmeric has been found to be particularly powerful. Turmeric's main active ingredient, curcumin, prevents certain molecules from entering cells and turning on genes related to inflammation. For maximum benefit, pair turmeric with black pepper to boost absorption and a healthy fat like olive oil. "The fat helps slow the rate at which the curcumin degrades, increasing the benefits," Gorin says

PHOTOS: BRIE PASSANO

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MORE GOOD MOVES

Your everyday habits can impact inflammation. Put these on your priority list.

be active

During exercise your muscles release beneficial compounds that decrease overall inflammation. Research has found that just 20 minutes of walking on a treadmill was enough to prompt your body's calming response. Aim for 20 to 30 minutes of moderate exercise like walking most days of the week.

brush and floss

Gum disease is your body's inflammatory response to an overgrowth of bacteria in your mouth, which brushing and flossing regularly help prevent. And research suggests that people with gum disease may be more likely to develop other inflammatory conditions, including heart disease (gum disease can increase your risk of a heart attack by up to 50%), diabetes, and rheumatoid arthritis.

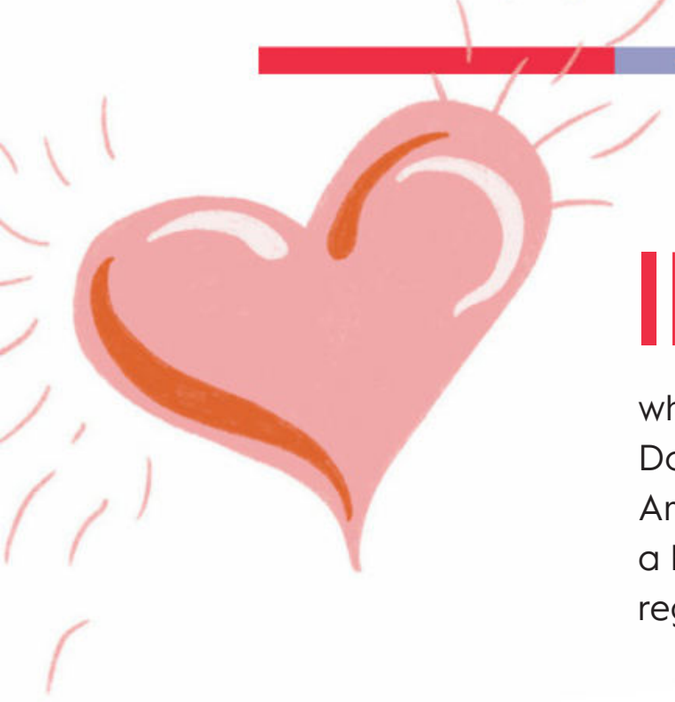
Brush twice daily, floss at least once, and see your dentist once or twice a year, more often if you have signs of gum disease, such as red, swollen, tender, or bleeding gums, or persistent bad breath.

manage stress levels

Constant stress can cause inflammation—in large part by putting your body in a constant fight-or-flight mode, which causes a physiological reaction that prompts an inflammatory response. Though you can't control when stress hits, you can mitigate your body's response to it. Getting good sleep helps (sleep is a prime time when systems restore themselves so they're less vulnerable and reactive to the negative impacts of stress), as do exercise and meditation. Therapy may also be a powerful antidote: New research in *JAMA Psychiatry* shows that cognitive behavioral therapy—talk therapy that aims to help you change patterns of behavior and thinking—may hold particular promise when it comes to calming system-wide inflammation.



EAT TO FEEL GOOD
Find 111 delicious recipes using foods that fight inflammation. On sale at newsstands and *magazine.store/EatToBeat*.



YOUR HEART & INFLAMMATION

The foods and lifestyle moves that calm inflammation also protect your heart. That's because heart disease develops when the arteries supplying blood to the heart become blocked, and one root of those blockages is inflammation. The immune system perceives cholesterol as an invader and responds by releasing white blood cells. Those cells become lodged in the coronary arteries and eventually turn into plaque, says Donna Arnett, Ph.D., dean of the University of Kentucky College of Public Health and past president of the American Heart Association. "With continued inflammation, the plaque can build up and rupture and cause a heart attack," Arnett says. Your best strategies for reducing cholesterol: a healthy diet of whole foods, regular exercise, and, if your doctor recommends them, statins to help control the numbers. ■

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Live Lighter

As a comedian and television personality, Sheryl Underwood is no stranger to a busy schedule. Here, she shares how she lightens things up at home with a little help from Metamucil®.





1.

Lightening Up My Mood

My job is in the public eye, but I love being at home. As soon as I get back after a busy day, I kick off my shoes and change into a comfortable outfit, and I instantly feel lighter. I turn on a little jazz music or one of my favorite shows, and then I go straight into the kitchen to mix up my Metamucil drink. It makes me feel like I'm doing something special for myself.

2.

Feeling Lighter** With Metamucil

Metamucil is a staple in my kitchen—I even have a dedicated cabinet for it. I was first introduced to Metamucil when I participated in the Metamucil Two-Week Challenge and took it every day for two weeks. By day 14, I noticed a difference—Metamucil had trapped and removed the waste that was weighing me down*, leaving me feeling lighter and more energetic**. Now, it's part of my daily routine. It's important for me to spread the word about it, which is why I'm partnering with Metamucil to support HBCUs (historically black colleges and universities) and the Divine Nine (the nine historically black Greek letter organizations) in presenting the Metamucil HBCU/Divine Nine Challenge, which encourages alumni and current Divine Nine members to take the Metamucil Two-Week Challenge. Just by signing up, you could help win up to $10,000 for your HBCU or Divine Nine organization.

3.

Incorporating Mood Lighting

Filling my home with natural light is extremely important to me. I have sheer drapes so the sunlight can stream through every morning. It sets my internal clock and lets me know it's time to start the day. I love pulling back the drapes, opening the windows, and letting the breeze and sun come through.

To learn more about Metamucil and sign up for the Metamucil Two-Week Challenge, visit Metamucil.com.

Meta MUCIL® PSYLLIUM FIBER SUPPLEMENT

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**Survey of 291 adults who self-reported that they felt lighter and more energetic after completing the Metamucil Two-Week Challenge.

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†DIETS LOW IN SATURATED FAT AND CHOLESTEROL THAT INCLUDE 7 GRAMS OF SOLUBLE FIBER PER DAY FROM PSYLLIUM HUSK, AS IN METAMUCIL,MAY REDUCE THE RISK OF HEART DISEASE BY LOWERING CHOLESTEROL. ONE SERVING OF METAMUCIL HAS 2.4 GRAMS OF THIS SOLUBLE FIBER.

better/pets

PETS MAKE LIFE BETTER

Having a furry companion comes with so many physical and emotional benefits. Three readers share how their pets have enhanced their well-being.



HUGS FOR HEALTH

Hugging has a physiological response: When you hug a pet (or a person), your body produces feel-good hormones. Research shows a 20-second hug can lower your blood pressure.

putting together a new career

Luke Silverman was dog-tired of the corporate world. He worked long hours and was chronically stressed and sleep-deprived. Finally, he got so frustrated that he quit his job without anything on the horizon. But that would soon change when he began to spend more time with Frankie, the Lab-pit bull mix he and his wife adopted in 2017. Frankie had already served as a wellness coach of sorts, helping Luke establish regular eating and exercising habits. "Frankie's need for a schedule helped me stick to a healthier daily routine," he says. With time on his hands, Luke began regularly taking Frankie to a local dog bar, which lit a spark. "Dogs are naturally loving, kind, and loyal creatures, and they're a great connector," he says. His time with Frankie made him realize he wanted to create more communities where dog-lovers could meet and socialize, giving them the same respite he had with Frankie. So Luke wrote a business plan, secured funding, and opened Bark Social, an off-leash dog park in Bethesda, MD, that serves craft beer, wine, and coffee on the patio and in the clubhouse. "Frankie led me to a career that I'm excited to wake up to every day," Luke says. And that's one of the biggest health boosts of all.

> "Frankie inspired me to make the changes to improve my health."

easing depression

When the Borgemeyers got the news that their recently adopted kitten (and first pet), Kiki, had a viral disease, Alison and her three daughters were stressed. "We had to learn how to give Kiki daily injections," Alison says. As the challenges of the COVID-19 pandemic mounted—staying at home in their Chicago suburb, helping her daughters with remote learning, and working full-time as a dietitian—Alison became depressed. As the days wore on, Alison realized caring for the kitten was the antidote she needed. "Kiki gave me a sense of purpose and meaning in a world I couldn't control." Kiki has since made a full recovery, and Alison is considering adding veterinary nutrition to her dietitian credentials.

> "Kiki gave me a sense of purpose."

buddying up to fight adversity

You might think that there would be no silver lining to losing a job during a pandemic. But for Kristin Wenger, there was. "Not having to go in to an office every day and having more time were blessings in disguise. I no longer had to take my chocolate Lab, Dutch, to doggy day care five days a week. I had time to walk him myself," says Kristin, who lives in Pittsburgh. Walking Dutch not only got her up and out of the house but also inspired her to ramp up those daily walks so they were exercise sessions. The result: Kristin lost 44 pounds. "Dutch has been my constant motivation to improve my mental and physical health." ■

BY **KAREN ASP**

PHOTO: JASMINA007/GETTY IMAGES



BAD *chew*

GOOD *chew*

Vet recommended for
dental care that dogs love



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superfood power

Trinity's interest in wellness started when holistic medicine was the only effective treatment for her mother's rheumatoid arthritis. Anti-inflammatory and antioxidant-rich foods became Trinity's passion. "Wellness should be fun, easy, and accessible." Her newest product: superfood-powered drink powders, including watermelon for skin hydration (*above*) and blueberry for destressing.



mentor mondays

To support fellow entrepreneurs, Trinity hosts office_hrs, a digital Q&A series on Instagram (@trinitymouzon). On Mondays, she gives one-on-one advice to help people build, launch, and scale their own businesses.

"I try to mentor and meet as many entrepreneurs as possible. It helps me gain valuable experience and make new relationships."



TRINITY MOUZON WOFFORD

PROMOTING WELLNESS THROUGH THE POWER OF SUPERFOODS, MENTORSHIP, AND INCLUSIVITY.

We became fans of Golde, the wellness company Trinity cofounded, after getting hooked on its energy-boosting turmeric latte mixes and soothing face masks. Trinity, the youngest Black woman to launch a beauty line at Sephora, shares her passions.



current passion

"I can't stop accumulating houseplants; I'm up to 12. I prefer the easy-to-keep-alive varieties. I have a philodendron that I've divided twice and shared with my family. And I want to expand my cacti collection; so far I have only one."



daily downtime

"Taking a break away from work is important, and I have to remind myself to do it." Getting lost in a good book is one way Trinity likes to unwind. Her latest read: *Kafka on the Shore* by Haruki Murakami. "It's a Japanese fantasy novel—a dreamy, metaphysical story about self-discovery. It's a total escape." ■

"Self-care is about listening to yourself. Be attentive, and if a regimen isn't working anymore, don't hold on to it."

ILLUSTRATIONS **LUCY TRUMAN**

BY: DIANA DICKINSON
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